



Letting Go Resource Guide

Because growth means releasing what no longer fits—even when it once felt perfect

What “Letting Go” Can Mean

- Ending a friendship or relationship
- Graduating or leaving home
- Changing goals, beliefs, or identity
- Accepting a loss or disappointment
- Releasing guilt, shame, or self-judgment
- Saying goodbye to a version of yourself

 *Reminder:* Letting go isn’t giving up—it’s making space for what’s next.

Emotional Support Strategies

Reflect First

- “What am I holding onto—and why?”
- “What did this teach me?”
- “What do I need to feel okay moving forward?”

Journal Prompts

- “I’m letting go of...”
- “I’m grateful for...”
- “I’m ready to welcome...”
- “What I learned from this chapter is...”

Self-Compassion Practices

- Write a letter to your past self
- Create a ritual (burn a note, plant something new, take a symbolic walk)
- Use affirmations: “I am allowed to change,” “I release what no longer serves me,” “I am still whole”

Printable Ideas to Pair With This Guide

- "Letting Go Letter" template
- "Growth Tracker" scroll: what I've released, what I've gained
- "Goodbye Ritual Planner"
- "Affirmation Cards for Closure"
- "Emotional Inventory" worksheet: what I'm feeling, what I need

Tips for Parents & Supporters

- Validate the grief and complexity of change
- Avoid rushing closure—healing takes time
- Celebrate growth, not just outcomes
- Offer presence, not pressure
- Remind them: letting go is a skill they'll use for life

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