



Let it Go



When you let go or forgive, you focus less on letting someone get away with something they did to you and focus more on allowing your mind to be free of the negative thoughts holding you back.

- 1. Which is an example of letting it go?**
 - A. Continuing to not speak to someone who wronged you.
 - B. Thinking of ways to get revenge on someone.
 - C. Fighting because you think it will make you feel better.
 - D. Trying your best to think positively and move on in spite of what happened.

- 2. True or False. When you forgive someone, you forget what they did.**
 - A. True
 - B. False

- 3. How quick are you to let things go?**
 - A. Right away
 - B. Not too long.
 - C. It takes me a long time.
 - D. I don't let things go.