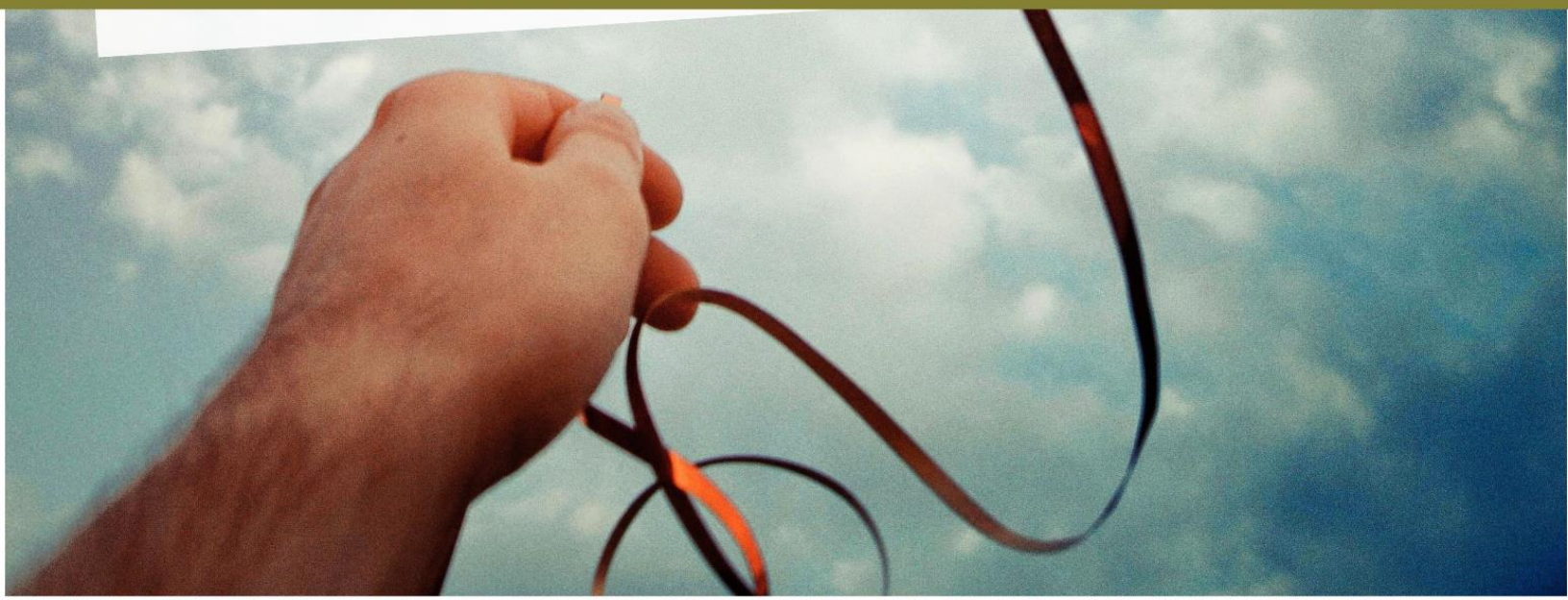




LETTING GO

& moving on



Letting Go and Moving On Checklist and Worksheet

Presented by Connie Ragen Green

Knowing when to let go and move on can be exceptionally hard. When trying to decide if it's time to move on, consider the following questions.

- ☐ Is the situation or person causing you to feel drained, mentally, or physically?
- ☐ Are your hopes for improving the situation realistic or are you setting yourself up for disappointment?
- ☐ Are you compromising your values to maintain the situation?
- ☐ Is the situation causing you to go against your beliefs?
- ☐ Do you feel like you're being taken for granted?
- ☐ Is the relationship or situation healthy for you or your children (if any)?
- ☐ Are you being treated with respect?
- ☐ Is how you are being treated how you would treat others?
- ☐ Are you compromising your boundaries to keep the peace or to please others?
- ☐ Do you trust this person or situation?
- ☐ Do you feel undervalued?
- ☐ Do you feel safe with the person or situation?
- ☐ Do you feel like you're being accepted for who you are or are you always being pressured to change?
- ☐ Do you often feel stress or anxious when around this person or in this situation?
- ☐ Are your needs being met?
- ☐ What would be the best outcome for you?
- ☐ If things continue as they are without change, what does your future look like?
- ☐ If things continue with change, what does your future look like?
- ☐ If you let go and move on, reinventing yourself, what does your future look like?
- ☐ What are the positives of staying without change?
- ☐ What are the negatives of staying without change?

- ☐ What are the positives of moving on?
- ☐ What are the negatives of moving on?

Letting Go and Moving On Worksheet

Answer these questions to help you learn how to let go and move on.

On a scale of 1 to 10 (with 1 being just slightly holding on and 10 meaning you need help to get beyond it), how much do you feel you are holding on to the past?

What specific aspects of the past are you struggling to let go of?

How do these thoughts and feelings affect your daily life?

Have you sought support or counseling to help you move on? If so, what has been helpful? If not, are you open to exploring that option? Why or why not?

What small steps can you take to start moving forward in your life reinvention challenge?

How do you envision your life after successfully letting go and moving on?

What are some potential roadblocks or challenges you anticipate facing during this process?

What can you do to prevent or overcome those potential roadblocks or challenges?

What are your self-care and self-compassion practices to help you move forward?

How do you plan to hold yourself accountable for making progress in this area?

What are your long-term goals for your life reinvention challenge?

About the Author

Connie Ragen Green is a bestselling author, international speaker, and online marketing strategist who is dedicating her life to serving others as they build and grow successful and lucrative online businesses. Her background includes working as a classroom teacher for twenty years, while simultaneously working in real estate. In 2006 she left it all behind to come online, and the rest is history.

She makes her home in two cities in southern California; Santa Clarita in the desert and Santa Barbara at the beach. In addition to her writing and work online, Connie consults and strategizes with several major corporations and some non-profits, as well as volunteering with groups such as the international service organization Rotary, the Boys & Girls Clubs, the Benevolent Protective Order of Elks, the women's business organization Zonta, and several other charitable groups.

As a recent recipient of the Merrill Hoffman Award, presented to Connie by the Santa Barbara Rotary Club, being honored with this award has strengthened her resolve to serve others around the world in any way she is able to by using her gifts, talents, and experiences in a positive and sincere manner.

My [books on entrepreneurship and more](http://ConnieRagenGreenBooks.com) are at: <http://ConnieRagenGreenBooks.com> - check out my most recent titles to see which is best for your goals. If you're not sure where to begin, simply hit "reply" to any of my email messages and I will respond to your questions promptly.



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