

Four things to let go of

with affirmations to support you

Clothes from a job you don't intend to return to

These clothes served me well and I am grateful to be moving in a new direction

Clothes from high school

I will always have these memories and my life is currently full and rich

Anything to "motivate" yourself to lose weight

It is normal for bodies to change and I put my attention on different priorities in my life

Clothes for activities you no longer participate in

The time I spent doing this activity was worthwhile and I have exciting new interests



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