

## “Let it Go” Motivational Quick Tip



Life is divided into three—the past, the present and the future. With every endeavor, we tend to put the three in perspective and take the next step. However, our past can sometimes have a stronger effect and stop us from moving forward.

Elsa in the movie Frozen sings, “And one thought crystallizes like an icy blast, I’m never going back, the past is in the past...let it go.” The song is a strong reminder for us to let go of the past—our sorrows, miseries, things holding us back and move forward to the future with new vigor. Letting go is not easy, but vital for progress.

Affirmations are a self-help strategy and one way to boost your confidence and start believing in yourself to move forward. A handful which may be helpful include:

- “I am doing my best!”
- “I’ve got this!”
- “I am choosing to let go of my fears.”
- “I am ready to move on.”
- “My future is an amazing gift!”

Regularly repeating affirming statements about yourself helps your brain re-wire. Consider starting your day saying your affirmation, when you feel you are falling back into your past habits, and before you fall asleep.

[12 motivational quotes to remind you why it's important to let go \(yourstory.com\)](https://yourstory.com)

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.