

Let Go Now

by Karen Casey

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Write the grip in one sentence**

Before trying to solve anything, write: 'I am gripping _____ because I am afraid _____.' Keep editing until it is specific, not global.

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⁰² **Separate yours from theirs**

Draw two columns: mine to practice, theirs or life's to carry. Move every mood, outcome, reaction, and timeline into the correct column.

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⁰³ **Use the 10-breath handoff**

Take ten slow breaths. On each exhale say, 'I release the outcome.' On the final inhale ask, 'What is the next honest thing I can do?'

MON TUE WED THU FRI SAT SUN

⁰⁴ **Delay the control reflex**

When you want to text, fix, explain, rescue, or rehearse, wait twenty minutes. Let the nervous system settle before deciding whether action is needed.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Practice one clean boundary**

Say one sentence without overexplaining: 'I cannot take that on today,' 'I need time to decide,' or 'I trust you to choose your next step.'