



Workshop Worksheet: Acceptance & “Let Them”

This worksheet is designed to help you explore the power of acceptance and the practice of 'letting them'—releasing the urge to control others and choosing peace within yourself. Use the journal prompts to deepen your self-awareness and emotional clarity.

1. Reflection – Understanding Acceptance

- What does acceptance mean to you?
- Where in your life do you find it hardest to accept things or people as they are?
- What are you afraid might happen if you fully accepted that situation or person?

2. Journal Prompts – Letting Go

- Who or what are you currently trying to change or control?
- What would it feel like to release that need?
- What would it look like to let them be exactly as they are, without trying to fix or manage the outcome?
- Write a few affirmations or mantras that help you embrace the 'let them' mindset.

3. Boundaries & Empowerment

- How can you honor your energy while allowing others to make their own choices?
- What personal boundaries support your peace and mental well-being?
- Describe a time when you let go of control and felt more empowered because of it.

4. Daily Acceptance Practice

- Each morning or evening, take a moment to reflect on these questions:
 - What am I holding on to that I can release today?
 - Where can I choose peace over control?
 - How can I show up for myself with compassion?

Final Thought

Acceptance is a daily practice of choosing peace over resistance, and presence over control. Let them be. Let yourself be. And trust that peace is found not in managing others, but in coming home to yourself.

my
life.
me