



## Healthy Detachment

This exercise challenges your beliefs, as it builds and strengthens faith, confidence and trust.

Much like the surrender exercise, there is an element of *letting go of the need to control* allowing you to trust and be guided.

Healthy detachment is more about being willing to let go of absolutely any situation that no longer serves you. without needing to understand the reasons why.

If you feel yourself attached to something or someone where it has the ability to control your life, in regard to decision making or cause emotional turmoil and struggle;

I invite you to be willing to let it go. (You do not actually have to leave the person or situation). What this exercise does, is allow you to back up and re-approach the situation from a whole new place, filled with trust and confidence. Be open and coachable to what you can learn. Set the intention to surrender and let go of the need to control the situation.

**Recite:** "If it is mine show me, if it is not take it."

You must trust that if the situation falls apart, that something that is a better fit is on its way.