

Letting Go

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I demolish my
bridges behind me...
then there is
no choice but
to move forward.

~ Fridtjof Nansen

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You must learn
to let go.
Release the stress.
You were never
in control anyway.

~ Steve Maraboli

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Cry with someone.
It's more healing
than crying
ALONE

~ Regina Brett

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Some people believe
holding on and
hanging in there are
signs of great strength.
However,
there are times when
it takes much more
strength to know
when to let go and
then do it.

~ Ann Landers

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No matter how I feel,
I get up,
dress up,
and show up
FOR LIFE

~ Regina Brett

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...If you want to let go
of something,
if you want to forget,
you cannot hate.

~ C. JoyBell C.

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You can't reach
what's in front of you
until you let go
of what's behind you.

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You will find
that it is necessary
to let things go;
simply for the reason
that they are heavy.

~ C. JoyBell C.

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Time heals
almost everything.
Give time

TIME

~ Regina Brett

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Worry does not
empty tomorrow
of its sorrow,
it empties today
of its strength.

~ Corrie ten Boom

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