

A FREE MOMENT FOR YOURSELF

Let Go to Grow

Release what holds you back.
Choose who you become.

This workbook helps you notice what you are holding on to, what it means to you and the choice you can make now. Feelings do not need to be suppressed. You can respond to them differently.

Four steps • AWAKEN / RELEASE / CHOOSE / ELEVATE

Take a pen, give yourself space and write without judging yourself. There is no right or wrong answer.

By Dee Academy | bydeeacademy.com

UNDERSTAND THE SHIFT

Why letting go creates space

You cannot change what happened yesterday. But you can explore how much space that story still occupies today.

When you hold on to an old judgment, disappointment or belief, you may respond to the past instead of what is possible now. Your attention stays on what you want to avoid. Familiar patterns - people-pleasing, control, procrastination or self-doubt - can quietly take over.

Letting go does not mean that what happened was okay. It means you no longer allow one story to decide who you must be or what you are allowed to choose next.

Making room matters: allowing a feeling without automatically acting on it gives you space to practise a different response. Between feeling and action, there can be a choice.

An example

Old pattern: "If I say no, I will disappoint someone."

New choice: "I can be kind and still set a boundary."

You do not have to suppress a feeling to act differently.

A SIMPLE WAY TO REMEMBER

From release to real change

Remember SPACE: Stop, Pause, Allow, Choose, Embody.

STOP the automatic story.

PAUSE before reacting.

ALLOW the feeling without judgment.

CHOOSE your next response.

EMBODY your choice through a small action.

SPACE helps you remember the purpose of the four stages of The Elevation Method:

AWAKEN I notice my automatic response.

RELEASE I no longer need to carry the old story.

CHOOSE I decide what aligns with my values.

ELEVATE I turn my new choice into action.

This workbook gives you a starting point: clarity, space and one new step. For daily practice, explore Become By Dee. The Elevation Circle offers guided group growth and personal responses; Becoming You offers in-depth 1:1 mentorship.

01 / AWAKEN

See what you hold on to

Awareness is not a judgment. It is the start of a new choice.

What is affecting you now?

Describe one situation that keeps returning to your mind.

What thought lies beneath it?

Finish the sentence: "When this happens, it means to me that..."

What is fact and what is interpretation?

What do you know for sure, and what story are you adding?

REMEMBER • You can acknowledge hurt without letting it determine your worth.

02 / RELEASE

Release the old story

Letting go is not excusing, forgetting or forcing positivity.

What are you trying to control?

Think of a reaction, outcome, judgment or expectation.

What does holding on cost you?

What do you notice in your energy, behavior or choices?

What can you allow yourself?

Perhaps sadness, rest, boundaries, uncertainty or a new choice.

SMALL PRACTICE • Breathe out slowly. Tell yourself: "This story does not have to define who I am."

03 / CHOOSE

Choose again

You cannot always control what happens. You can explore how you want to respond.

Who do you want to be here?

Not what should someone else do, but what do you stand for?

What new belief do you choose?

Make it believable and helpful. For example: "I can have boundaries even when someone is disappointed."

What is your next small step?

Write one concrete action you can take today.

I CHOOSE • Trust over control. My choices can reflect my values.

04 / ELEVATE

Put your choice into practice

A new identity grows through repetition, awareness and action.

My evidence of growth

What moment today shows that you can choose differently?

My boundary or new habit

What will you practice when an old pattern appears?

My commitment for the next 7 days

“When I notice ..., I choose to ...”

TIP • Keep this page. Revisit it in a week and record one new sign of growth.

YOUR NEXT STEP

You do not have to wait

One conscious choice, however small, can open a new direction.

For the next seven evenings, ask yourself three questions:

1. What old pattern did I notice today?
2. Where did I consciously choose differently?
3. What evidence of growth will I take with me?

Want to keep growing?

Explore Become By Dee, The Elevation Circle and Becoming You.

bydeeacademy.com/the-elevation-collection-en/

This workbook is for personal development and is not a substitute for professional mental health support. You do not have to suppress your feelings and you are not responsible for the behavior of others.