



# the art of letting go

Your gentle companion to consciously  
grieve a job, career, home or life stage



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# your journey

**Grief is a natural reaction,**  
when you lose someone or something  
that is important for you.  
This workbook aims to navigate you  
through the grief of leaving a job,  
career, a home or a life stage.

**Grief is an energy.**  
Jeff Zeig, PhD says that it's an arrow  
without the target. If we choose to  
work it through consciously, pouring  
this energy into intentional actions, its  
energy can be dispersed, we find  
relief and we can intentionally create  
space for the new.

Grief is not linear and unique for  
everyone. Be patient with yourself,  
and respect your own capacity.

**Trust the process.**



# the 5 stages of grief

1.

denial

## **Denial is a self-protective mechanism**

It is not uncommon to isolate yourself or to actively avoid discussing the event. This stage is usually short-lived and soon you will begin accepting the reality.

## **The stage when you ask "Why me?"**

Bottled-up feelings are released in a huge outpouring of grief. It hurts, it's intense and you will have all the feels..

2.

anger

3.

bargaining

## **"It cannot be true!"**

You cling to an irrational hope even when the facts say otherwise. It can manifest in a conflicting inner dialogue or prayer unseen to others.

## **Cry, Cry, Cry**

You grieve and feel the loss. It is usually the most difficult and longest part of the process.

4.

depression

5.

acceptance

## **Finding peace of mind**

The (metaphorical) death of the past reality. You adjust to your new life and ready to move ahead.



# your current reality

In which stage are you right now?  
What is telling you about yourself that you're there?

**Journal about your experience:**

# focus on what you can control

## **First things first.**

Do you need legal advice?

Do you need to take care of your belongings or  
financial resources?

What do you need to do to take care of your  
future self?

Do you need to set certain boundaries?

## **Things I can control:**

## **Things I'll do to take care of my future self:**





# ground yourself

In the early stages of grief it's OK to keep yourself busy and rely on your grounding routine.

## **My grounding routines are:**

### **Grounding meditations:**

Insight Timer is a great place to look for these recordings



Maha Mrityunjaya Mantra



Metta Meditation



Tonglen Compassion Meditation

# inhale and exhale

## **Read it out loud:**

Inhale freedom. Exhale pain.

Inhale love. Exhale fear.

Inhale connection. Exhale isolation.

Inhale curiosity. Exhale narrow mindedness.

Inhale courage. Exhale limited beliefs.

Inhale creativity. Exhale old patterns.

Inhale spaciousness. Exhale tension.

Inhale abundance. Exhale lack.

Inhale bliss. Exhale sorrow.

Inhale new. Exhale old.



# be intentional with self-care

Even if it's just a few minutes every day, bathe yourself with your presence and gentle attention.

## **A few ideas:**

Make your fav meal and eat it with attention. Set the table, pick the nice plates and serve it to yourself as if you were doing it for your loved ones.

Prepare yourself a delicious cup of tee/coffee/warm drink of your liking. Take your time to enjoy it, staying curious of your own thoughts, your emotions and what is happening in your body in those moments.

Take a bubbly, luxurious bath at home.

Consider having a massage. Book it in advance to allow yourself time to arrange it in your schedule.

Give yourself a break from technology. An evening, a day when you're off from news, media and stimulating information. How will you spend this time?

## **My self-care checklist:**





# increase your sense of safety

Create a safe space for yourself to go through the painful part. Context, choice and connection are the three elements that help us to feel safe.

## **Context**

The why, what and how of an experience. Put things into perspective, enhance structure in your life and take a few steps back to see your experience as part of a larger context.

## **Choice**

Develop multiple choices and acknowledge where you have the right and opportunity to make choices. Choose the middle path and avoid falling into the decision making fatigue trap. Too many choices can feel overwhelming.

## **Connection**

Find ways to connect with others and stay connected to yourself.



# share

Talk about it, share and do the shame-work if needed. Share it with your friends and if you feel ready, with your caring network. It can be surprising how many other people went through a similar process. Listen to their stories and allow yourself to learn from them and the stories to heal you.

## **What I learned from sharing my process and listening to others stories:**

# feel



Take time to process emotions. Contradictory and overwhelming emotions are absolutely OK during grief. For example you may feel:

- Sadness
- Frustration
- Disrespected
- Overwhelmed
- Unfocused
- Relieved
- Overjoyed

How are these emotions present in your body?  
What sensations do you feel?

**This is how I feel:**

**This is what I feel in my body:**

# move it out

Move your body and use your body's wisdom to heal. Dance it out, scream it out and rely on your somatics. Where do you feel grief in your body? What movement helps you release it?

**What my body's wisdom is telling me about grief:**





# use the power of rituals

Create rituals that help to absorb the grief and is able to put some end to the intensity of the emotions. It can be specific or general, whatever helps you to metaphorically and literally have a punctuation mark of your experience.

## **For example:**

- A farewell dinner with your teammates
- Driving through the places you liked and have great memories about
- A heartfelt goodbye message to the colleagues/friends
- A social media post in which you announce the transition and introduce your new role and own your new persona
- Sorting out (work) materials
- Taking intentional long exhales
- Changing your location/role/description on public platforms
- A trip that represent the ritualistic ending of that era for you
- Taking a moment of silence and evoke the faces of the people who are saying goodbye. Wish them whatever they might need, feeling into what could serve them best in their life going forward
- Saying thank you for having you to the house/company/city you're leaving. Go to a memorable place, bring your hands together and say your thank you with a deep bow and a long exhale. Allow it to sit with you.

## **My grief rituals are:**

# I choose to let go

Grief is also letting go of beliefs, convictions and parts of yourself that used to characterize that old self of you who was doing that job, living in a certain place or being in the old life situation.

**Write down these and then read them out loud starting with: I choose to let go...**

Notice what you feel in your body before and after the reading.

I choose to let go ...

I choose to let go ...

I choose to let go ...

I choose to let go ...

I choose to let go ...

I choose to let go ...

I choose to let go ...

I choose to let go ...



# the three Rs

Think through and write down your three Rs. What did you regret? What resentments do you have? What did you appreciate about it?

**Regrets:**

**Resentments:**

**Appreciations:**



# heritage

What is your heritage? What do you leave behind? What gifts did you give to the people, the place or any creatures that matter to you in the old?

**My heritage is:**

# continuity

What relationship do you want to have with the people/place in the future? How will you maintain them?

**What I will continue:**





# your reflection board

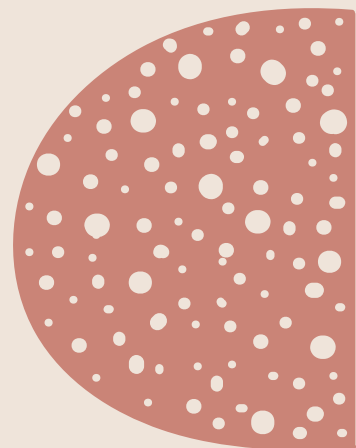
Just like a vision board, create your reflection board with photos, images, text or any visuals that represents the journey you've had in this place/job/stage of your life. It will be a visual representation of what you've experienced, achieved or grateful for.

**My board looks like this:**



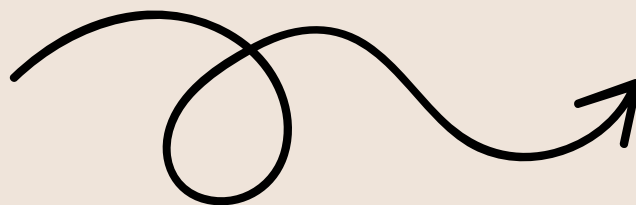
# exhale

Anything else you want to say to let go of this grief:



# moving forward

When you feel ready, plan your next steps and create perspectives for the near future. See a bright vision in front of your eyes and immerse yourself in building the new.



**My vision and steps ahead:**

# a letter to your future self

Write a letter to your future self who you're becoming. Pick the paper carefully, choose the words you want to nourish yourself with. Where will you be a year from now? Write it in a way if it was already true. Don't forget to post it and write the right address so you'll receive it - what a surprise! Make it real. Upon receiving, store it in a precious place and make yourself a reminder to open it in 365 days. I'd love to hear from you when you open it. Be so kind and reach out to me sharing your experience. What is the most magical thing that happened?



# next steps

I believe that you're ready when you're ready. You'll know exactly when it's time. This inner knowingness is rather a feeling than a thought.

## **Ways I can support you:**

- Get mindful tips on [LinkedIn](#) and [Instagram](#)
- Challenge your mindset with my [newsletter](#)
- Reinvent yourself through [1-1 coaching](#)

Looking forward to supporting you on your journey,  
Zsanett

