

LET IT GO!

a Mantra for Happiness

Every belief you have is an interpretation of what's occurred in your life. It is not a circumstance that disturbs you, but rather an interpretation of this circumstance.

Based on writings of the Greek and Roman philosophers Epictetus and Marcus Aurelius

Power Tip:
learn formula

A (activating event) does not result in **C** (consequence)
The reaction is determined by the **B** (belief).

Response to Negative Emotional Triggers

Negative Trigger

Prefrontal Cortex
(The Moment of Choice)

Something Unacceptable Happens...

You Are:

Criticized, Blamed, Betrayed,
Attacked, Robbed, Ruined,
Unsupported, Threatened,
Abandoned, Misjudged,
Victimized, Unloved, Lost
Something, Trapped

A

2

1

Limbic Brain
& Lower Brain

TWO PATHS OF CHOICE

Depleting

Energizing

Resist

01

Conclusions & Beliefs

WHAT DO YOU BELIEVE ABOUT
WHAT HAPPENED?

B

Unconscious Acceptance of False Beliefs

It Shouldn't Happen, Life is Unfair, Life is Too
Hard, There's Something Wrong With Me...

02

Emotional Reactions

YOUR BELIEFS LEAD TO YOUR
EMOTIONS.

Hatred, Revenge, Depression, Afraid, Anger,
Neediness, Resentment, Worry, Despair,
Powerless, Unhappy, Stressed, Mad, Furious,
Bitter, Guilt.

C

03

Result = Suffering

NEGATIVE BELIEFS + NEGATIVE
EMOTIONS = SUFFERING

Fight, Cry, Defend, Argue, Yell, Retreat, Give Up,
Deny, Justify, Run, Suffering, Struggling

Suffering

Surrender

Identify the Trigger

A. WHAT IS YOUR CONCLUSION?
B. HOW DOES IT MAKE YOU FEEL?

01

Identify What Needs to be Surrendered Challenge the Belief

I'm not enough. Life is too hard....

Let Go

INITIATE "SURRENDER"
PROCESS

02

1. Put one hand over your heart center
2. Describe your feelings
3. Deep breath: I let go of the feelings & beliefs
4. Observe thoughts & feelings & repeat

Result = Happiness

SENSE OF WELL-BEING

03

Peace, Acceptance, Wisdom, Contentment,
Unconditional Love, Serenity, Kindness, Self-
Empowerment, Appreciation, Harmony,
Open to Receiving Goodness, Intuition

Happiness

READY TO GO DEEPER?

Learn How to Identify the "Persistent" Core Issue that is Causing You the Most
Harm, So You Can **Let It Go** and live an AMAZING NOW!

[LEARN MORE!](#)