



## ***The ‘Let It Go’ Journal Prompt***

*Sometimes, the biggest clutter is emotional*

- Reflect on a creative block or doubt you’ve been carrying.
- Write a letter to yourself, releasing the pressure to be perfect.
- End the letter with an affirmation:
  - **“My creativity flows freely when I trust myself.”**
  - **“I give myself permission to create without judgment.”**
- Read your letter aloud and tear it up (or keep it as a reminder).

### ***Reflection***

What area felt the most cluttered before this exercise?

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How did decluttering shift your creative energy?

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What’s one small habit you can continue to keep your space (physical, mental, digital, or emotional) clear?

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