



7 DAYS OF LETTING GO **CHALLENGE**



BY LM MAGAZINE

7 Days of Letting Go Challenge

A gentle reset to make space for what's next

This week, give yourself permission to release — not everything, just one small thing each day that no longer serves you. Letting go doesn't have to be dramatic; it can be quiet, simple, and freeing.

Use this 7-day challenge as a reminder that you can lighten your load — one thought, one decision, one sigh at a time.

Congratulations!

