

Letting Go: A Release Worksheet

Philippians 3:13-14 · Printable PDF · Print at 100% on US Letter

“But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.”

PHILIPPIANS 3:13-14

Trees do not lose their leaves by accident. They form a small seal at the base of each stem and let go on purpose, because carrying everything through winter would break them. This worksheet is about that kind of deliberate release.

1 • What you are still carrying

List everything currently taking up room in you. Do not organize it yet — just empty the basket.

Commitments I said yes to and now dread:

Conversations I keep replaying:

Comparisons I keep making:

Old versions of myself I keep defending:

2 • Sort the leaves

Go back through the list and mark each item with one letter: K (keep — God gave me this), R (release — it is finished), or W (wait — ask God, revisit in 30 days).

Which item was hardest to mark, and why?

Which one did you mark K out of guilt rather than calling?

What is one thing you can release today without asking anyone's permission?

3 • Forgetting what lies behind

Paul's "forgetting" is not amnesia — it is refusing to let the past set the pace. Write it out.

One failure I have let define my expectations of God:

One success I have been coasting on:

What is true about God that neither of those changes?

4 • Straining forward

Release makes room. Name what you want the room for.

The goal I am pressing toward this fall:

The first honest step toward it:

The person I will tell, so it is not private:

5 • The letting-go page

On a separate sheet, write the R items as a short letter to God. Then, physically, tear it or fold it and put it away. The act matters.

Date I released these:

What I am asking God to do with them:

What I want to remember when I am tempted to pick them back up:

CLOSING PRAYER & REFLECTION

Letting go is not losing. It is a tree preparing to survive a winter and bud again in spring.

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