

A Healing & Self-Love Guide

5 STEPS TO LETTING GO OF A LOVE THAT NO LONGER SERVES YOU

by Kristin Williams





WELCOME, BEAUTIFUL SOUL!

Sometimes the hardest part of healing is letting go of a love that once meant everything. This guide is here to remind you that you are strong, worthy, and capable of releasing what no longer grows you.

Take your time with each step. Journal on the prompts. Speak the affirmations daily. And most importantly, be gentle with yourself.

With love,

Kristin
Self-Love & Affirmation Coach



STEP 1: AWARENESS

What this means: Recognize when a relationship is no longer aligned with your growth. Pay attention to how it makes you feel.

Journal Prompt: When I think about this love, I feel.....

Affirmation: "I honor my feelings and trust my inner wisdom."



STEP 2: ACCEPTANCE

What this means: Outgrowing someone doesn't mean you've failed. It means you're evolving.

Journal Prompt: What truth about this relationship am I afraid to accept?

Affirmation: "I release the need to hold on to what holds me back."



STEP 3: RELEASE

What this means: Letting go is an act of self-love. It opens space for new beginnings.

Practice: Write a goodbye letter you don't send. Tear it up or burn it as a symbol of release.

Journal Prompt: What brings me joy that I want to rediscover?

Affirmation: "I am whole, worthy, and enough as I am."



STEP 4: REBUILD YOUR SELF-LOVE

What this means: Re-center your energy on you. Fall in love with yourself again.

Journal Prompt: What brings me joy that I want to rediscover?

Affirmation: "I am whole, worthy, and enough as I am."



STEP 5: CREATE A FUTURE VISION

What this means: Imagine the love you deserve — healthy, uplifting, aligned.

Journal Prompt: The love I desire feels like...

Affirmation: "I am aligned with the love that honors me."



Letting go is never easy, but you are choosing yourself — and that is the highest form of love. Keep showing up for you, one step at a time.

WANT MORE DAILY SUPPORT? CHECK OUT MY WORKBOOK:

RADIANT YOU: A SELF-LOVE WORKBOOK WITH DAILY AFFIRMATIONS AND INNER HEALING

<https://iamhersister.com/radiantyou>

- ✦ Download your journaling prompts into a daily routine
- ✦ Keep this guide close and repeat the affirmations often
- ✦ Connect with me: iamhersister.com