

How to Let Go of Everything (Or at Least One Thing)

Step 1: Pick a thing. Any thing. Something youre clinging to like its oxygen.

Step 2: Stare at it. Let it stare back.

Step 3: Say, 'I release you.' (Out loud. Whispered is fine. Dramatic is better.)

Step 4: Set it down. Walk away. Pretend the world wont end without it.

Step 5: If you check on it later, thats okay. Letting go is a loop, not a line.