

Releasing Plan Template

Purpose: Use this plan to identify the **Events, People, and Places** that helped shape your Previous Self. This is only a guide, add as many spaces as you need to accurately list all of the impactful parts of your Previous Self. During the releasing process, you will work through each item using three actions:

- **Relive** — Recall the Event, Person, or Place with as much detail as possible.
- **Make Amends** — Forgive, apologize, resolve what remains unresolved, or make peace with it.
- **Gratitude / Goodbye** — Acknowledge what it contributed to your life, then consciously let it go.

Important Note: If any part of this process feels overwhelming, unsafe, or emotionally unmanageable, pause immediately and seek support from a trusted professional, counselor, crisis resource, or your Transformation Confidant. Releasing should challenge you, but it should not place you in danger.

Events

List the emotionally significant events that helped shape your Previous Self. Include positive and negative experiences.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

People

List the people who had a meaningful emotional impact on your life. Include supportive, difficult, loving, painful, and complicated relationships.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Places

List the places connected to important emotional experiences, memories, relationships, or periods of your life.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Releasing Plan Template

	Events	People	Places
Relive			
Make Amends			
Gratitude / Goodbye			

