



Letting Go

Jason Tonioli

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Side Notes: I've found that one of the hardest things in life is learning to let go of something when we are hurt and moving on with our life. Whether it is the loss of a loved one or maybe even a best friend who has betrayed you, it's never easy. Sometimes these things cause very deep wounds emotionally for us that leave us with scars that never completely go away. Some quotes that have helped me when I've gone through hard times like this include a quote from Tony Robbins when he said "*Identify your problems, but give your power and energy to solutions. Your past does not equal your future.*" Another amazing quote from Richard Rohr that I like is "*Pain that is not transformed is transmitted.*"

The trick is making sure we are looking and moving forward. You can't drive a car forward if all you do is look in the rear view mirror the entire time. Focus your energy on the road ahead of you and good things will happen.

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