

# RELEASE ACTIVITIES



## WHAT I WILL RELEASE

*“Forgiveness is not an emotion. It is a decision made by your whole self after your true emotional work has been done.” — Karla McLaren*

We all carry a lot of emotional baggage that can get in the way of attracting a new job. To begin the step of Release, we begin with a writing assignment — essentially a list of things you would like to, or need to, release.

Open your journal to a fresh page. List what you want to release. You might choose to begin by listing physical things like clothes that don't fit, or jewelry you never wear. Physical things can be tying up energy or taking up unnecessary space that you don't need. Clean house.

Besides physical things, we all have emotions and experiences that can be released. It's not uncommon for this list to grow and grow, without us even realizing it. Some people will have lots of little things on their list, like letting go of the fact your kid didn't clean his room on time, and some people will have bigger things like a fight last week with the boss. For the purposes of this activities, all of these are fair game.

The first step here is to focus on making the list, not doing the work of releasing. Rattle off what you think of and just add it to the

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list. Don't worry about processing all of this. Go for quantity and comprehensiveness, not driving this list to a sense of completion.

At some point, you will run out of steam. When that happens, take three deep breaths. If nothing else comes to you, it's time to put down your pen and call the list done.

Read your list. Again, you are not trying to process the feelings or the emotions of each individual line on the list, but to have a sense of just how big this releasing task could be. Pat yourself on the back! Most of us find it a little daunting to make a list of what we are hanging on to. You've done something difficult — a first step toward releasing.

The next step is to review the list. If something feels easy to let go, and you don't need to give it a lot more thought, cross it off the list. Undoubtedly, a few things will feel pretty easy, and you will feel great striking them off the list. Others will be harder.

For the sticky ones, circle them. These are the ones you carry forward and handle with self-hypnosis or meditation.

Take the list of things you want to release, with some items crossed off and others circled. Now you will work on releasing the circled items.

Take yourself into a meditative state through self-hypnosis or meditation. If you need more information or training on how to do this, please see my website at: [www.michellewalters.net](http://www.michellewalters.net).

In hypnosis, you will bring to mind one item on your list of things to release. The subconscious likes to keep things easy, so I don't recommend trying to do too many items from your list in the same session.

What you will do with each item on your list is imagine it going away. There are numerous ways to envision this release. I'm going to give you a few choices here which you can choose from. If there is a different visual image that you think works well to release that emotion or event, use it.

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### **Ways to envision releasing an event or emotion:**

1. Put it on a tray and hand off the tray to someone else.
2. Wrap it up like a package and mail it.
3. Tie a rock to it and throw it in a deep lake or ocean.
4. Transform it into a wishing dandelion and blow away the seeds.
5. Build a rocket ship and send it into space.
6. Light it up and burn it in a bright flaming blaze.

For each circled item on your list, take at least one full minute to visualize releasing it. As you release items, cross them off your list. If you have a lot of items on your list, split the list into sections and work on a few each day. Releasing takes time; do not feel the need to rush into releasing everything at once.

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### STEPS:



1. Make a list of all the things you need to release.
  2. When you think you are done, take three deep breaths, if nothing comes move on.
  3. Read your list. Let go of the easy stuff right away and cross them off. Circle the harder things.
  4. Use a meditative or hypnotic state to envision the hard things going away.
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### A HABIT TO CHANGE

*“Progress always involves risk; you can’t steal second base and keep your foot on first.”* — Frederick Wilcox

For this activity, think of a single habit that you do that you can break for just one day. The habit you choose to break does not need to be anything important, and it doesn’t have to be difficult to do. Perhaps you will choose to brush your teeth with your other hand, to take a new route to the grocery store, or to eat breakfast for dinner one day. You are welcome to come up with more than one habit to break for a day, but it is only really necessary to choose one.

When you make efforts to break this habit, you are releasing a small bit of energy that was always playing out the same way, to play out a different way. Making this habit-change a conscious choice and recognizing that disturbing the status quo will start the Release powers turning. As you take this alternative action, remind yourself that the purpose of this is to release.

If your action is small you may choose to repeat it for several days. Each time you repeat this new way of doing things, your subconscious mind is recognizing that there is not a single way of doing things and that change can be made.

Write about this experience in your journal.



#### STEPS:

1. Think about a habit to change.
  2. Pick a new action, small or big.
  3. Repeat for several days until you feel more flexible.
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### **KEEP AND DROP**

*“Chains of habit are too light to be felt until they are too heavy to be broken.”*

— Warren Buffet

An important part of releasing is letting go of any bad habits, any practices that are not serving you today. This includes bad habits which affect the physical body, like being sedentary or overeating. Even though this is a book about what you need to do on a spiritual level, the physical and spiritual level are connected, and it is important to take care of your physical self too.

For this activity, make two columns in your journal. The left-hand column is for habits you are proud of that you want to keep. The right-hand column is for habits that you want to break or reshape. Title the columns.

Start with habits that are related to your physical body. Be sure to note things you do to take care of your body, like eating regularly or walking or stretching in the left-hand column. Make note of any important physical body habits you want to change in the right-hand column. Don't go overboard. The idea here is to acknowledge if there are things you need to change and release them, either by taking action or by deciding to let them go.

For example, if you regularly eat a healthy breakfast and you like that habit, enter that in the left-hand column. If you have been thinking you should give up sugar, that goes in the right-hand column.

Once you are done making this list for things related to your physical body, draw a line at the bottom of both columns across your page. You may have only a few or many things on your list. Either is fine.

The second step of this activity is to do the same thing with things that are not clearly physical. What habits do you have that you want to keep and what habits do you want to drop? Perhaps you want to remember to consistently thank your coworker for producing a status report on time. Maybe you want to cut yourself more slack when you don't get everything done in a day that you had wanted to do.

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Whatever it is, question yourself and see what to add in either the keep or drop column.

After you have finished, reflect upon your work. Notice that you have a number of practices that are clearly positive and you want to keep. In the second column, you have some things that you can choose to release. If you are ready to take the Release step with any of these practices or habits, try to do so in the next week or month.

There are some simple lessons to take away from this activity. First, we all have things to release, big or small, and we all can take action mentally and/or physically to release them. Second, releasing can take time. While it's important to push yourself forward on your job hunt, recognize that not everything can be calendared and don't be too hard on yourself.



### STEPS:

1. Make two columns in your journal: habits I am proud of and a habit I want to break.
  2. Make a list for the physical habits and then for the non-physical habits.
  3. Reflect on your list.
  4. Pick a few of the habits you want to release to work on in the next week or month.
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### **CHOOSING WHEN TO CHOOSE**

*“Learning to choose is hard. Learning to choose well is harder. And learning to choose well in a world of unlimited possibilities is harder still, perhaps too hard.”*

— Barry Schwartz

As discussed earlier, we have so much choice in our lives that at times it can get in the way of our happiness. Barry Schwartz, in his book *The Paradox of Choice*, has a long list of excellent ideas that can help you navigate our world of constant choices. This activity focuses on just one of those steps and is called “Choosing When to Choose.”

Searching for a job is a process with constant choices. What should I be doing to find a job today? Should I contact that person I met a long time ago who might not even remember me? Should I apply for a job if I don’t know much about the company? The truth is, there is an endless set of choices about how to conduct your job hunt and the answers are far from clear.

We know that often, we are presented with many choices and that the high number of choices frequently isn’t helpful. Having more choices often clouds decision making without improving the quality or value of our choice. One of the most powerful ways to push back on this invisible force is to beef up our strength and *make a conscious decision to make fewer choices*.

The truth is, not every decision matters all that much. Becoming more at ease with consciously choosing to eliminate some choices can improve your sense of well-being.

In your journal, take the following steps:



1. Make a list of a few recent decisions that you have made. The list could include things like a recent purchase, a retirement plan allocation, or a relationship change. You may include work related decisions, but also include at least one other decision that was not solely about work.
2. For each one of those decisions, list what it took to make that decision. List the steps, research, time, anxiety and effort that went into making each decision.
3. Notice how it felt to do the work of step 2.
4. In conclusion, ask yourself how your decision benefitted from doing the work you listed in step 2.
5. Pick a few of the habits you want to release to work on in the next week or month.

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It's highly likely that this activity will help you realize that at least some of your recent decisions had you spending a lot of time in the analytic and consideration phase that didn't provide that much value. Maybe some of your decisions would benefit from a rule of thumb — like don't push yourself to visit multiple grocery stores every week just to pick up a single favorite item, or don't be angry at yourself for asking for help with difficult tasks.

Are there any takeaways you can use to simplify your job hunt? You might decide to make some rules of thumb for yourself, like to make it a practice to phone people the day after an unanswered email, or to always wait 24 hours to send a thank you note, to ensure the hiring manager is still thinking about you the next day. Whatever practices you can set up for yourself that help eliminate excess choice can do a lot to make you feel better about your hunt and spend your time productively.