

**2024 LENTEN 40 DAYS OF REFLECTIONS BASED ON THE THEMES FROM "LET GO, LET GOD" BOOKLET FROM UNITY (VISIT WWW.UNITY.ORG)**

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SUNDAY	MONDAY	TUESDAY February 13	WEDNESDAY February 14	THURSDAY February 15	FRIDAY February 16	SATURDAY February 17
		<i>MARDI GRAS</i>	<u>ASH WEDNESDAY</u> I LET GO OF SHAME; I CHOOSE TO BE COMPASSIONATE.	I LET GO OF RESENTMENT; I CHOOSE TO ACCEPT WHAT IS.	I LET GO OF COMPLAINING; I CHOOSE TO FOCUS ON WHAT IS GOING WELL.	I LET GO OF SORROW; I CHOOSE TO LEARN FROM GRIEF.
SUNDAY February 18	MONDAY February 19	TUESDAY February 20	WEDNESDAY February 21	THURSDAY February 22	FRIDAY February 23	SATURDAY February 24
I LET GO OF HUMAN EGO; I CHOOSE HUMILITY.	I LET GO OF LIMITATIONS; I CHOOSE TO SEE POSSIBILITIES.	I LET GO OF STRESS; I CHOOSE TO FEEL AT EASE.	I LET GO OF RESISTANCE; I CHOOSE TO RELEASE FRICTION.	I LET GO OF SELF PITY; I CHOOSE KINDNESS.	I LET GO OF ANXIETY; I CHOOSE COURAGE.	I LET GO OF PESSIMISM; I CHOOSE TRUST.
SUNDAY February 25	MONDAY February 26	TUESDAY February 27	WEDNESDAY February 28	THURSDAY February 29	FRIDAY March 1	SATURDAY March 2
I LET GO OF APPROVAL; I CHOOSE SELF- ACCEPTANCE.	I LET GO OF DISSATISFACTION; I CHOOSE TO FOCUS ON WHAT IS SATISFYING.	I LET GO OF GRUDGES; I CHOOSE FORGIVENESS.	I LET GO OF OVERWHELM; I CHOOSE CALMNESS.	I LET GO OF THE PAST; I CHOOSE TO ACCEPT WHAT I CAN'T CHANGE.	I LET GO OF BUSYNESS; I CHOOSE TO BE FOCUSED.	I LET GO OF FEAR OF ILLNESS; I CHOOSE TO ACT HEALTHIER.
SUNDAY March 3	MONDAY March 4	TUESDAY March 5	WEDNESDAY March 6	THURSDAY March 7	FRIDAY March 8	SATURDAY March 9
I LET GO OF WORRY; I CHOOSE TO EXPAND FAITH.	I LET GO OF MISUNDERSTANDINGS; I CHOOSE TO MOVE FORWARD.	I LET GO OF OUTDATED BELIEFS; I CHOOSE NEW PERSPECTIVES.	I LET GO OF PERFECTIONISM; I CHOOSE BEING "GOOD ENOUGH."	I LET GO OF DARKNESS; I CHOOSE TO FOCUS ON THE LIGHT.	I LET GO OF INDECISION; I CHOOSE TO ACT ON WHAT I KNOW.	I LET GO OF WORRY; I CHOOSE TO GROW IN TRUST.
SUNDAY March 10	MONDAY March 11	TUESDAY March 12	WEDNESDAY March 13	THURSDAY March 14	FRIDAY March 15	SATURDAY March 16
I LET GO OF FEAR; I CHOOSE TO ACT CONFIDENTLY.	I LET GO OF CRITICISM; I CHOOSE TO RELEASE JUDGMENTS.	I LET GO OF DISCOURAGEMENT; I CHOOSE TO ACCEPT MY BEST.	I LET GO OF LONELINESS; I CHOOSE TO SERVE OTHERS.	I LET GO OF STRUGGLE; I CHOOSE TO BE AT EASE.	I LET GO OF INSECURITY; I CHOOSE TO FEEL GROUNDED.	I LET GO OF COMPETITION; I CHOOSE TO BE "ENOUGH."
SUNDAY March 17	MONDAY March 18	TUESDAY March 19	WEDNESDAY March 20	THURSDAY March 21	FRIDAY March 22	SATURDAY March 23
I LET GO OF BEING RIGHT; I CHOOSE INNER PEACE.	I LET GO OF CHAOS; I CHOOSE TO CREATE ORDER.	I LET GO OF BITTERNESS; I CHOOSE THE SWEETNESS OF LIFE.	I LET GO OF FEAR OF LACK; I CHOOSE CELEBRATING ABUNDANCE.	I LET GO OF APATHY; I CHOOSE TO BE FULLY ENGAGED.	I LET GO OF FEELING OBLIGATED; I CHOOSE FREEDOM.	I LET GO OF JUDGMENT; I CHOOSE ACCEPTANCE.
SUNDAY March 24	MONDAY March 25	TUESDAY March 26	WEDNESDAY March 27	THURSDAY March 28	FRIDAY March 29	SATURDAY March 30
I LET GO OF OUTCOMES; I CHOOSE TO RELEASE MY EXPECTATIONS.	I LET GO OF DOUBT; I CHOOSE TO SEEK CLARITY.	I LET GO OF DRAMA; I CHOOSE SERENITY.	I LET GO OF NEGATIVE THINKING; I CHOOSE TO FOCUS ON POSSIBILITIES.	<u>HOLY THURSDAY</u> I LET GO OF ANGER; I CHOOSE PEACEFUL SOLUTIONS.	<u>GOOD FRIDAY</u> I LET GO OF BLAME; I CHOOSE TO BLESS OTHERS.	<u>HOLY SATURDAY</u> I LET GO OF FEAR OF CHANGE; I CHOOSE TO LIVE IN THE MOMENT.

**EASTER SUNDAY, MARCH 31: JESUS' RESURRECTION—I LET GO OF FEARS OF DYING; I CHOOSE TO CELEBRATE ETERNAL LIFE!**