

# I let go of my inhibitions

## **I let go of my inhibitions.**

I release my inhibitions into the universe. I let go of fears and negative feelings that hold me back from joy and success. I eliminate harmful thoughts that make me feel unworthy.

**I avoid feeling self-conscious or scared.** I am comfortable being in the public eye every day.

I am relaxed and natural at work, at home, and elsewhere. I am happy to be seen and respond positively to the people around me. I am comfortable with my body, mind, and heart.

I let go of all negative emotions that inhibit me.

I eradicate my shyness as I strive to approach life from a mature and confident stance. I have value that the world needs to see.

I get rid of the restrictions in my way. I avoid discouragement, fear, anxiety, stress, and suppression. **I am free to do what I want and share what I feel.**

I am relaxed and happy.

I avoid allowing my self-critic to be in charge of me. I silence the inner voice that keeps me scared and small. I push away negative thoughts about my identity.

Today, I eliminate my inhibitions. **I get rid of self-doubt.** Instead, I focus on my positive qualities, talents, and successes. Happiness is the center of my attention today.

## **Self-Reflection Questions:**

1. How can I let go of my inhibitions if I feel like I am drowning in fear?
2. What can I do to silence my self-criticism?
3. How can I be more confident around others?