



**LET THEM / LET ME — Reflection Worksheet** (Inspired by Mel Robbins' "Let Them Theory")

**Purpose:** To release the need to control others - refocus on your peace, boundaries, and choices.

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**1. Notice the Trigger**

Think of a situation causing stress, frustration, or overthinking.

**Example:** "They didn't reply." / "They criticised me."

**My Trigger:**

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**2. Say the Phrase**

**"Let them."**

Let them do, think, or feel as they wish. You don't need to fix or prove anything.

**How my body feels when I say it:**

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**3. Shift to "Let Me"**

Redirect focus to what *you* can choose or control.

**Ask:**

- What can *I* do now?
- How can *I* protect my peace?
- What matters most to *me*?

**My "Let Me" action:**

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**4. Reclaim Your Power**

Circle what applies today:

**Let Them:**

- think what they want       love me or not  
 go their own way       be wrong  
 handle their consequences

**Let Me:**

- breathe       rest       respond calmly  
 focus on goals       move on

**5. Reflect**

How did letting go change how I feel?

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**Daily Reminder**

*When I let them be who they are,*

*I become who I'm meant to be.*

Let them. / Let me / Live free.

**Reference:**

Robbins, Mel (2025). *Let Them: The Life-Changing Power of the Two-Word Theory*. HarperCollins Publishers.