

# Affirmations for letting go of control

- Everything will be ok
- I trust that things will work out
- I am flexible and open to new perspectives
- I trust people to do their best
- I can be successful without having everything planned out
- I am open to opportunities and new ideas
- It's ok for others to approach things differently to me
- I accept that there can be more than one right outcome and more than one way to get there
- I am still a great mum when I let go of control
- I help other people learn and be their best by letting them contribute and try things their way
- I accept the things I cannot change and focus my efforts on things I can influence
- I am learning every day

