

Name:

Date:

Section:

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Score:



It's Over: The Break-up Letter



Prompt:

Have you ever stayed in a relationship longer than you should have?

Today, you're going to write a break-up letter to something that has been holding you back. This "something" could be:

- a habit
- a mindset
- a fear
- an excuse
- a behavior
- a version of yourself



You're not writing to a person—you're writing to the thing that keeps getting in your way.

Example Letter

Dear Procrastination,

We are finished. Done. No more.

You show up every time I tell myself I'll start "in five minutes," and somehow five minutes turns into an hour. You promise me comfort, but what you really give me is stress, late nights, and the feeling that I'm always behind. Being with you feels like carrying a backpack filled with bricks—I can move, but everything is harder.

I used to think you helped me relax. Sometimes it felt nice to scroll and avoid my work. But then the deadlines would creep closer, my heart would race, and suddenly I was rushing through work I could have been proud of.

You've made me doubt myself. You've convinced me that I work best under pressure, even though that pressure makes me tired, anxious, and sloppy.

I'm done choosing temporary comfort over long-term confidence. So this is goodbye. I'm choosing effort, planning, and peace instead. You don't get to control my time anymore.

—Me

