

The background features a soft, abstract composition of overlapping circles and rectangular shapes in muted tones of blue, peach, and cream. Stylized foliage with blue and green leaves and thin, light-colored stems is scattered across the lower half of the page. The text is centered within two white rectangular boxes.

# DARE TO LET GO

PRINTABLE QUOTES COLLECTION

SOPHIA HAVEN

WELCOME TO THIS SPECIAL COLLECTION OF PRINTABLE QUOTES FROM "DARE TO LET GO."

AS YOU NAVIGATE THROUGH THE PAGES OF THIS BOOK, THESE QUOTES SERVE AS BEACONS OF LIGHT, GUIDING YOU TOWARDS SELF-DISCOVERY AND TRANSFORMATION.

TO FURTHER ENRICH YOUR JOURNEY, WE INVITE YOU TO PRINT OUT THE QUOTES THAT RESONATE WITH YOU THE MOST.

LET THEM BE A CONSTANT REMINDER OF YOUR PROGRESS AND THE WISDOM THAT GUIDES YOU.

EACH CHAPTER IN THIS COLLECTION IS ACCOMPANIED BY TWO BLANK PAGES, EACH OFFERING A SLIGHTLY DIFFERENT LAYOUT, PROVIDING YOU THE PERFECT SPACE TO ADD ANY PERSONAL QUOTES THAT INSPIRE YOU. THIS IS YOUR CANVAS TO PAINT WITH THE WORDS THAT TOUCH YOUR HEART AND SOUL.

LET THESE QUOTES REMIND YOU OF YOUR STRENGTH, ENCOURAGE YOU WHEN CHALLENGES ARISE, AND CELEBRATE YOUR EVERY ACHIEVEMENT.

THANK YOU FOR ALLOWING US TO BE PART OF YOUR JOURNEY. MAY THESE QUOTES UPLIFT YOU, JUST AS YOUR COURAGE TO LET GO UPLIFTS OTHERS.

SOPHIA HAVEN






# PART I

## DISCOVERING SELF-WORTH



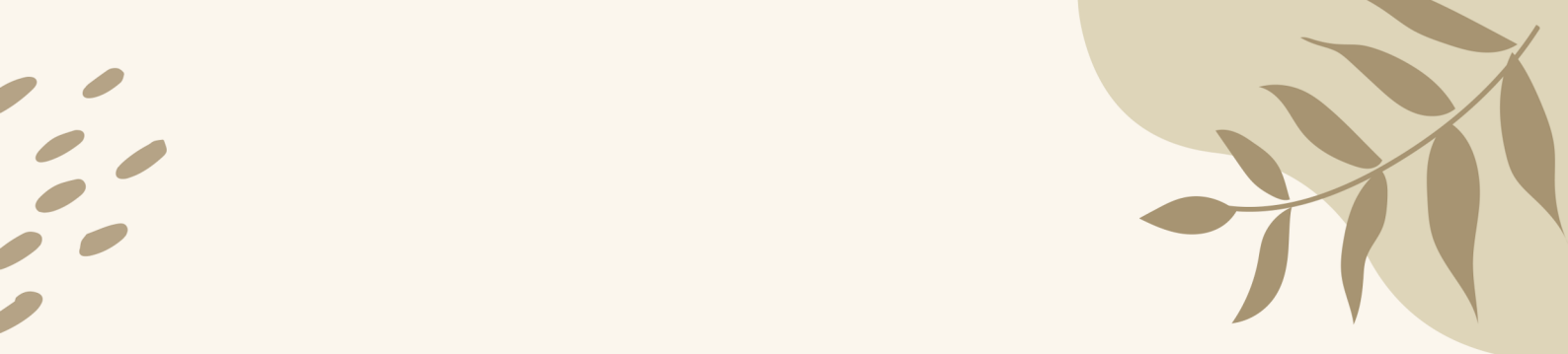
SOPHIA HAVEN



*“You either walk inside your story and own it, or you stand outside your story and hustle for your worthiness.”*

*Brené Brown*

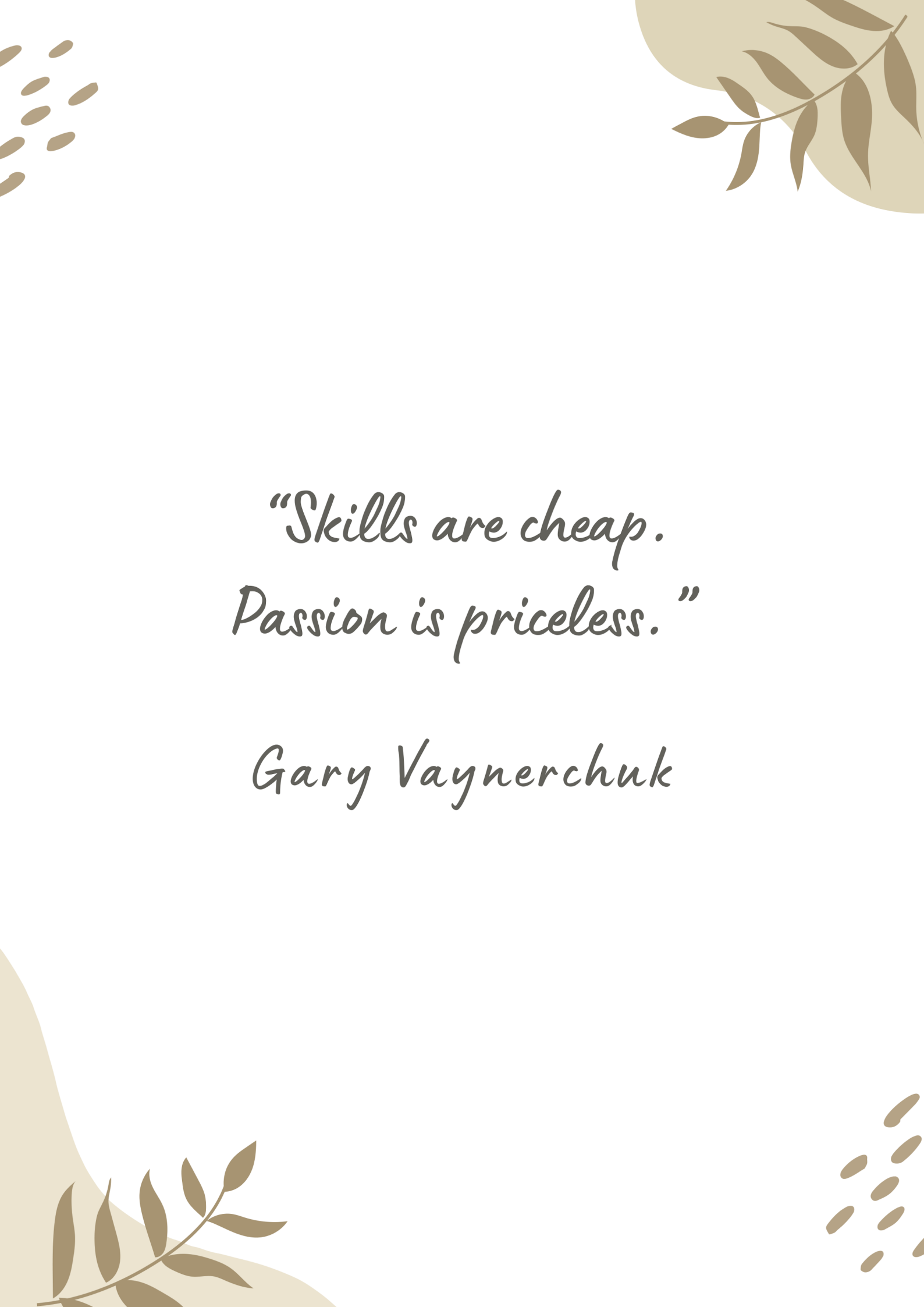




*“The value of our lives  
is not determined  
by what we do  
for ourselves.  
The value of our lives  
is determined  
by what we do for others.”*


*Simon Sinek*



The page features decorative elements in the corners: a cluster of small, brown, oval shapes in the top-left and bottom-right corners, and a branch with several brown leaves in the top-right and bottom-left corners. The background is a light beige color with subtle, larger-scale leaf patterns.

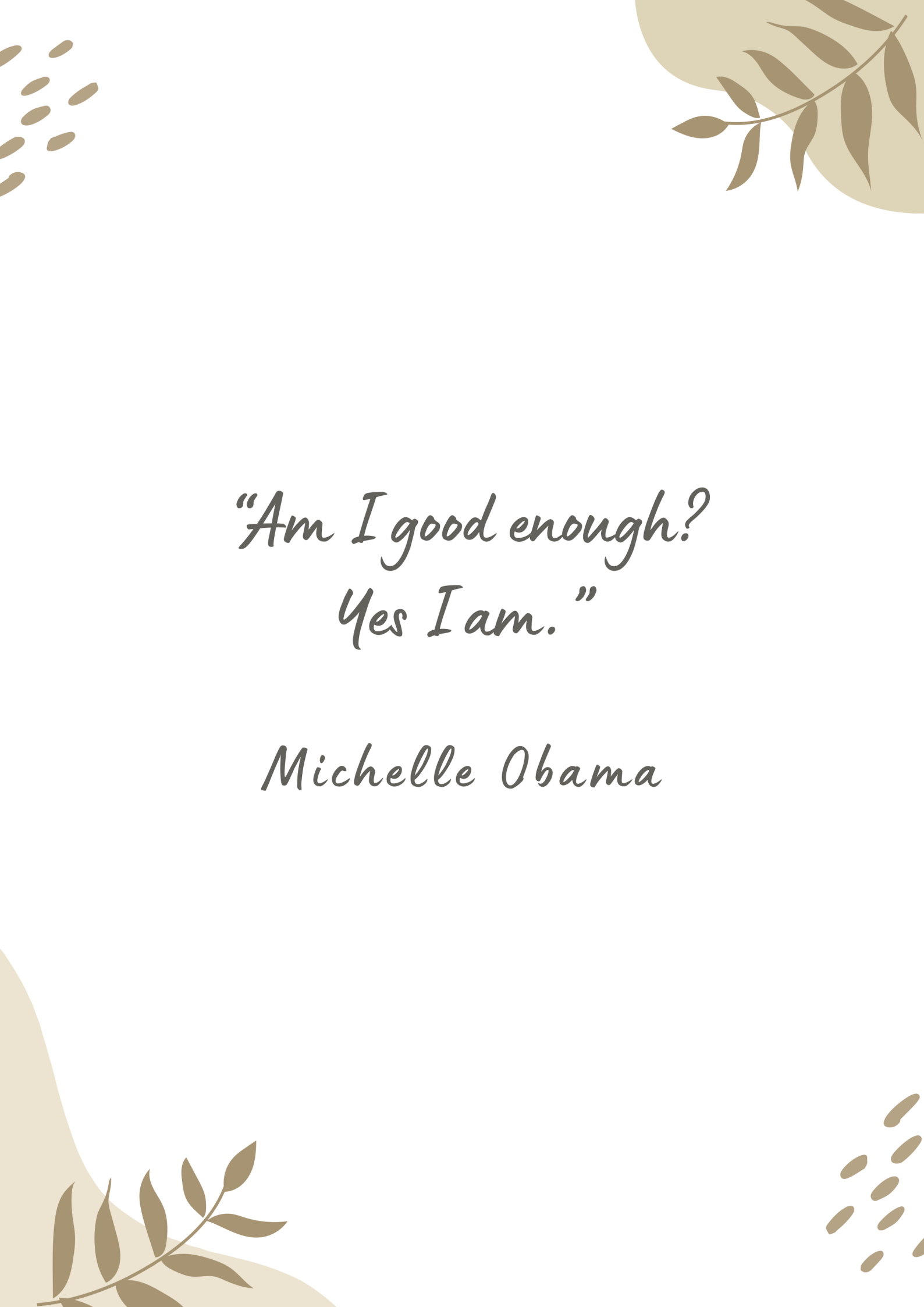
*“Skills are cheap.  
Passion is priceless.”*

*Gary Vaynerchuk*

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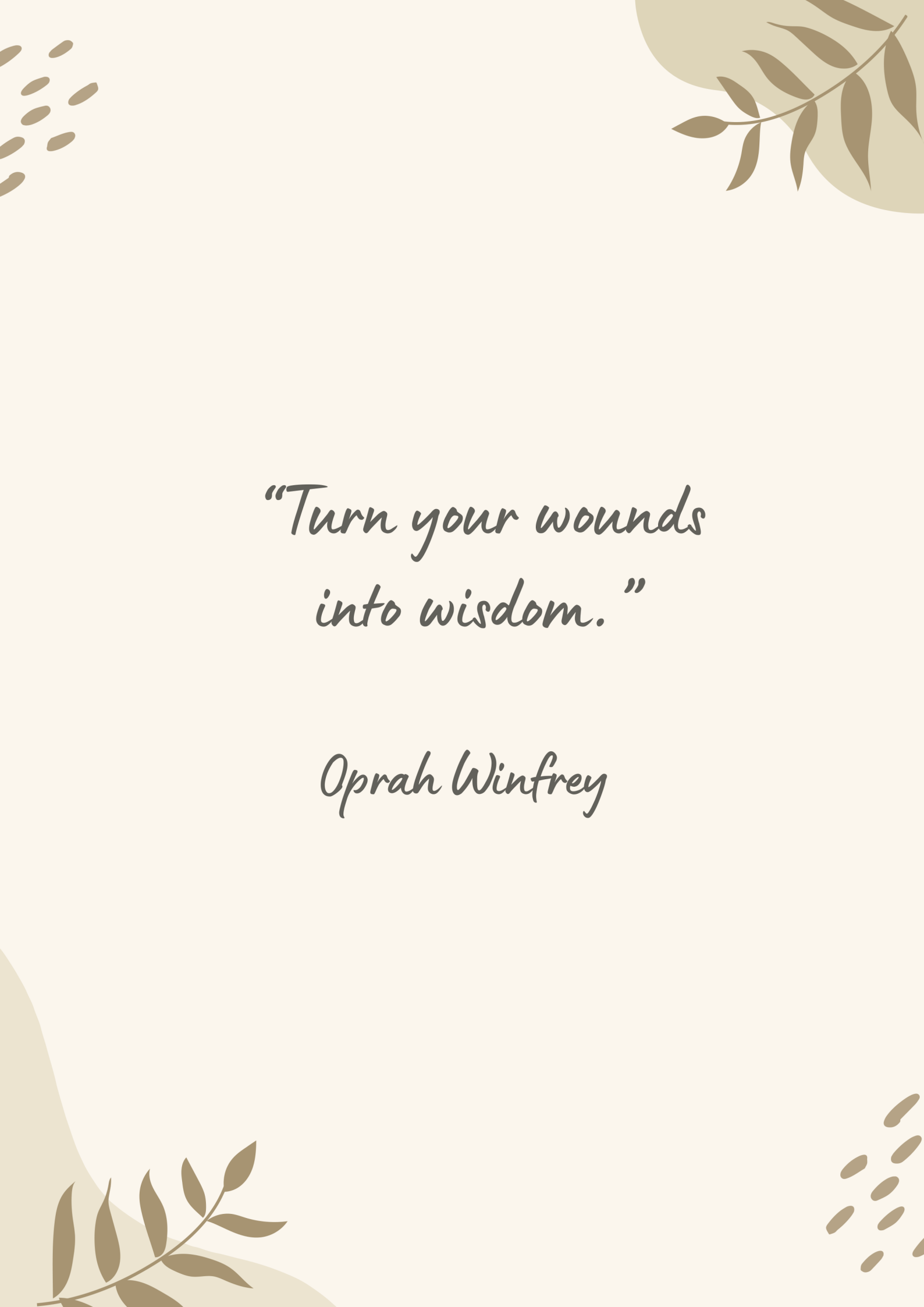
*“You alone are enough.  
You have nothing  
to prove to anybody.”*

*Maya Angelou*

The page features decorative elements in the corners: a cluster of small, brown, oval shapes in the top-left and bottom-right corners, and a branch with several brown leaves in the top-right and bottom-left corners. The background is a light beige color with soft, rounded shapes in the corners.

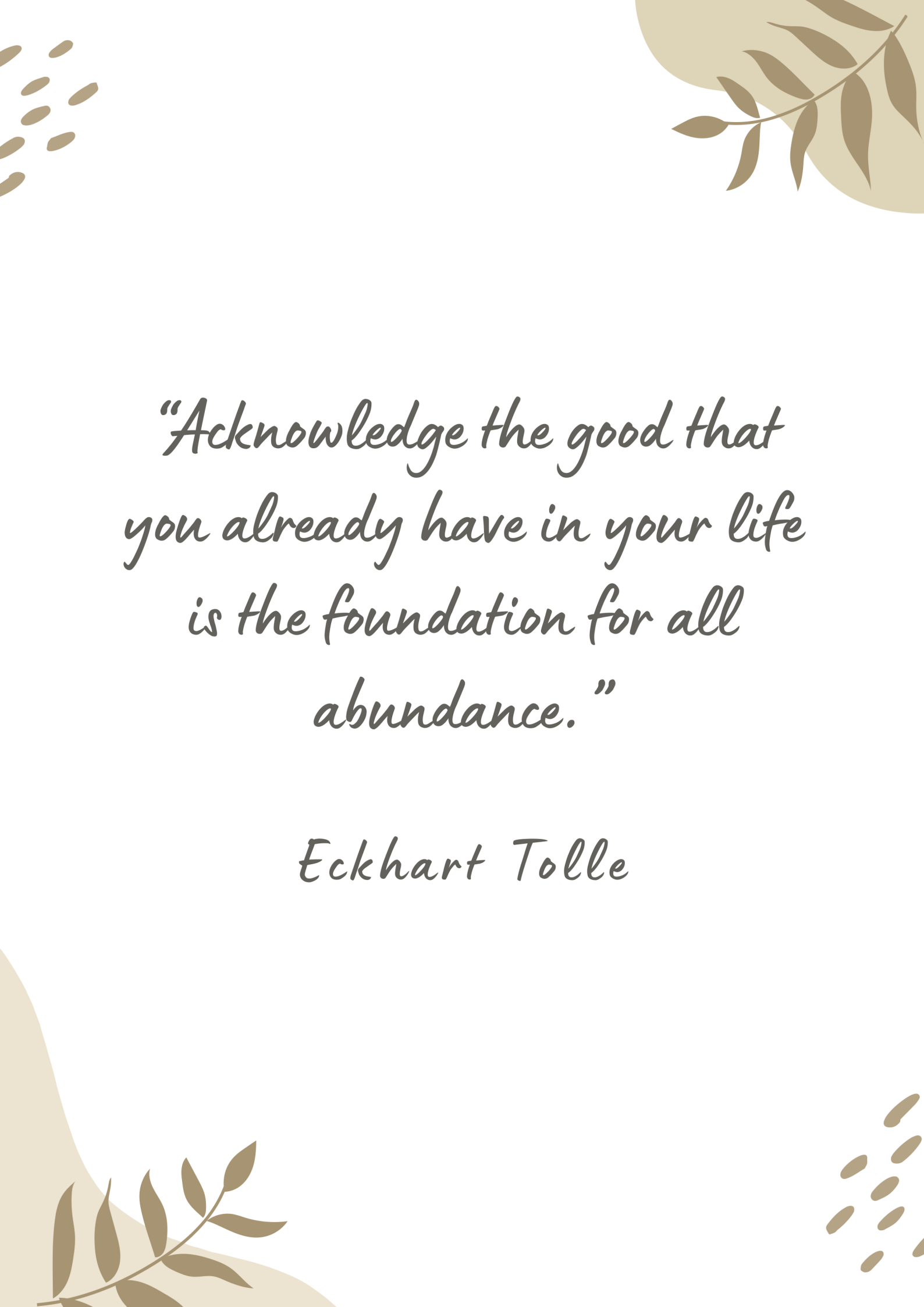
*“Am I good enough?  
Yes I am.”*

*Michelle Obama*

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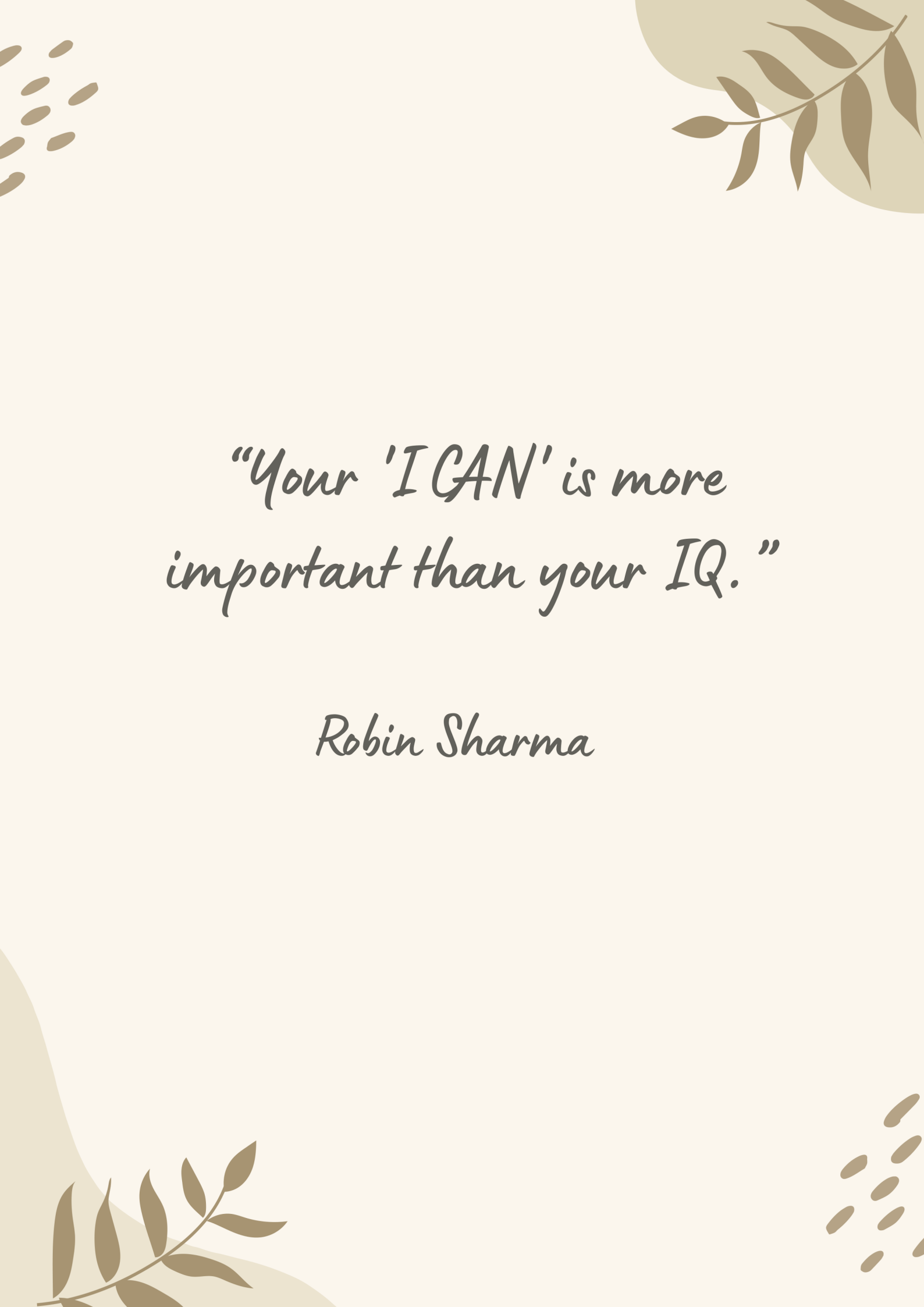
*“Turn your wounds  
into wisdom.”*

*Oprah Winfrey*

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*“Acknowledge the good that  
you already have in your life  
is the foundation for all  
abundance.”*

*Eckhart Tolle*

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*“Your ‘I CAN’ is more  
important than your IQ.”*

*Robin Sharma*

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*“The highest levels  
of performance come to people  
who are centered, intuitive,  
creative, and reflective.”*

*Deepak Chopra*

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*“Alone we can do so little,  
together we can do so much.”*

*Helen Keller*







# PART II

## NAVIGATING RELATIONSHIPS





SOPHIA HAVEN



*“The simple truth  
is that happy marriages  
are based  
on a deep friendship.”*

*John Gottman*







*“We cultivate love  
when we allow our most  
vulnerable and powerful selves  
to be deeply seen  
and known.”*

*Brené Brown*






*“Friendship is born  
at that moment  
when one person says  
to another, ‘What! You too?  
I thought  
I was the only one.’”*

*C. S. Lewis*







*“The most beautiful people  
we have known are those  
who have known defeat,  
known suffering, known  
struggle, known loss,  
and have found their way out  
of the depths.”*

*Elisabeth Kübler-Ross*







*“We are born in relationship,  
we are wounded  
in relationship, and  
we can be healed  
in relationship.”*

*Harville Hendrix*







*“Problems in relationships  
occur because each person  
is concentrating on what is  
missing in the other person.”*

*Wayne Dyer*






*"Each friend represents  
a world in us, a world  
possibly not born  
until they arrive,  
and it is only by this meeting  
that a new world is born."*

*Anaïs Nin*







*“Don't hold to anger, hurt  
or pain. They steal your  
energy and keep you  
from love.”*

*Leo Buscaglia*






*“Love is the great miracle cure.  
Loving ourselves works miracles  
in our lives.”*

*Louise Hay*

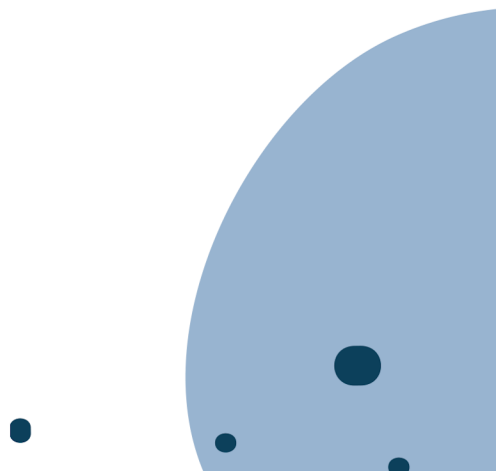


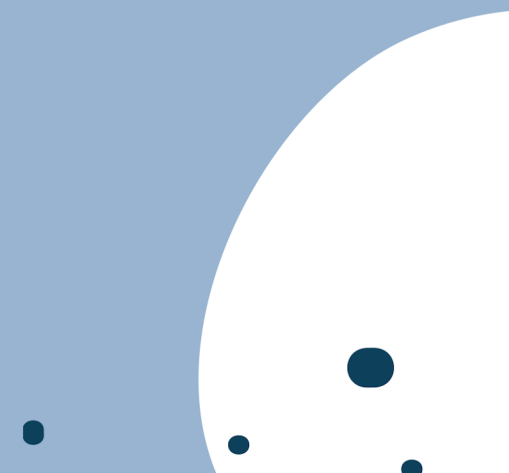


*“I have come to believe  
that caring for myself  
is not self-indulgent.  
Caring for myself  
is an act of survival.”*

*Audre Lorde*







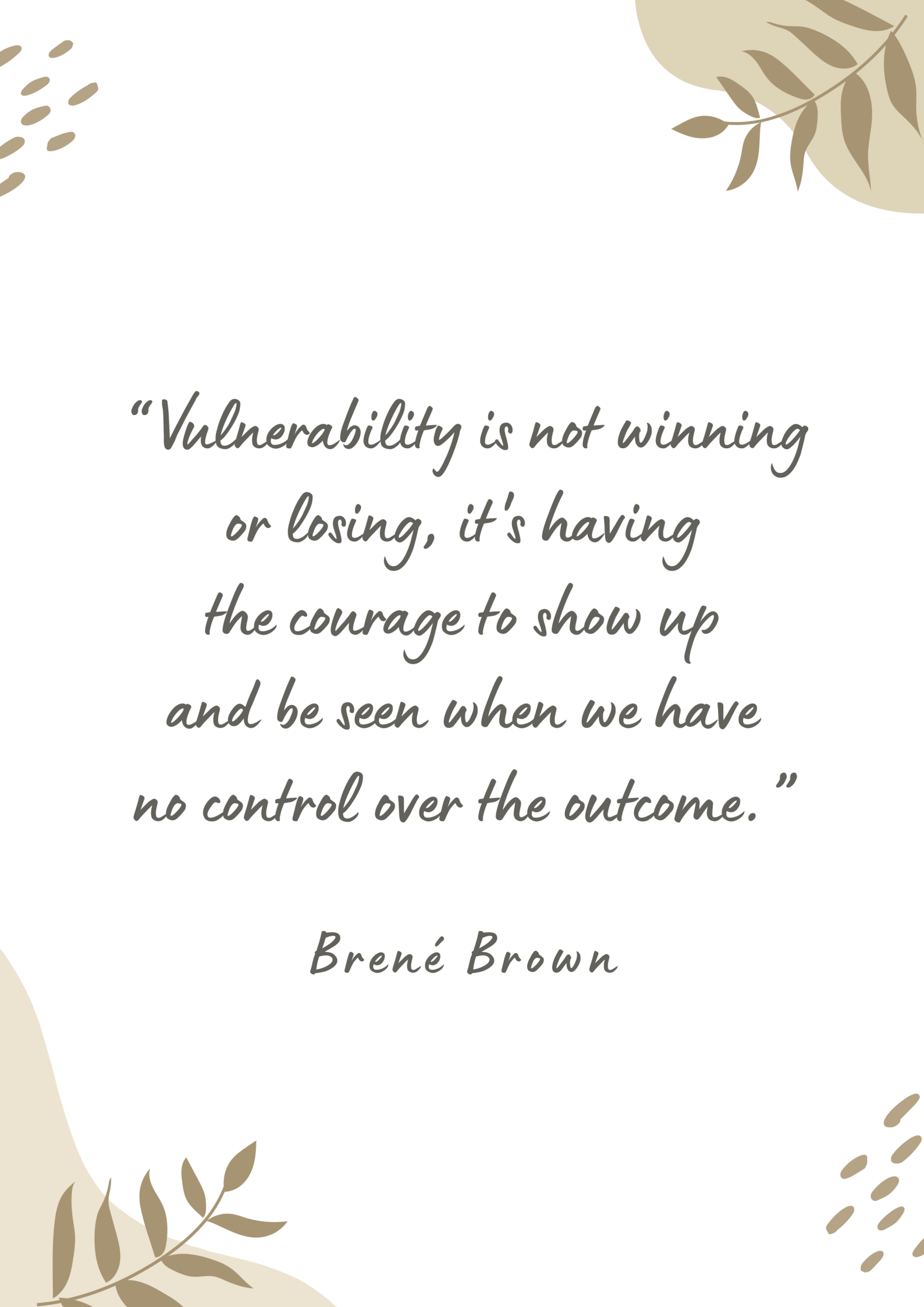


PART III

FACING LIFE'S CHALLENGES

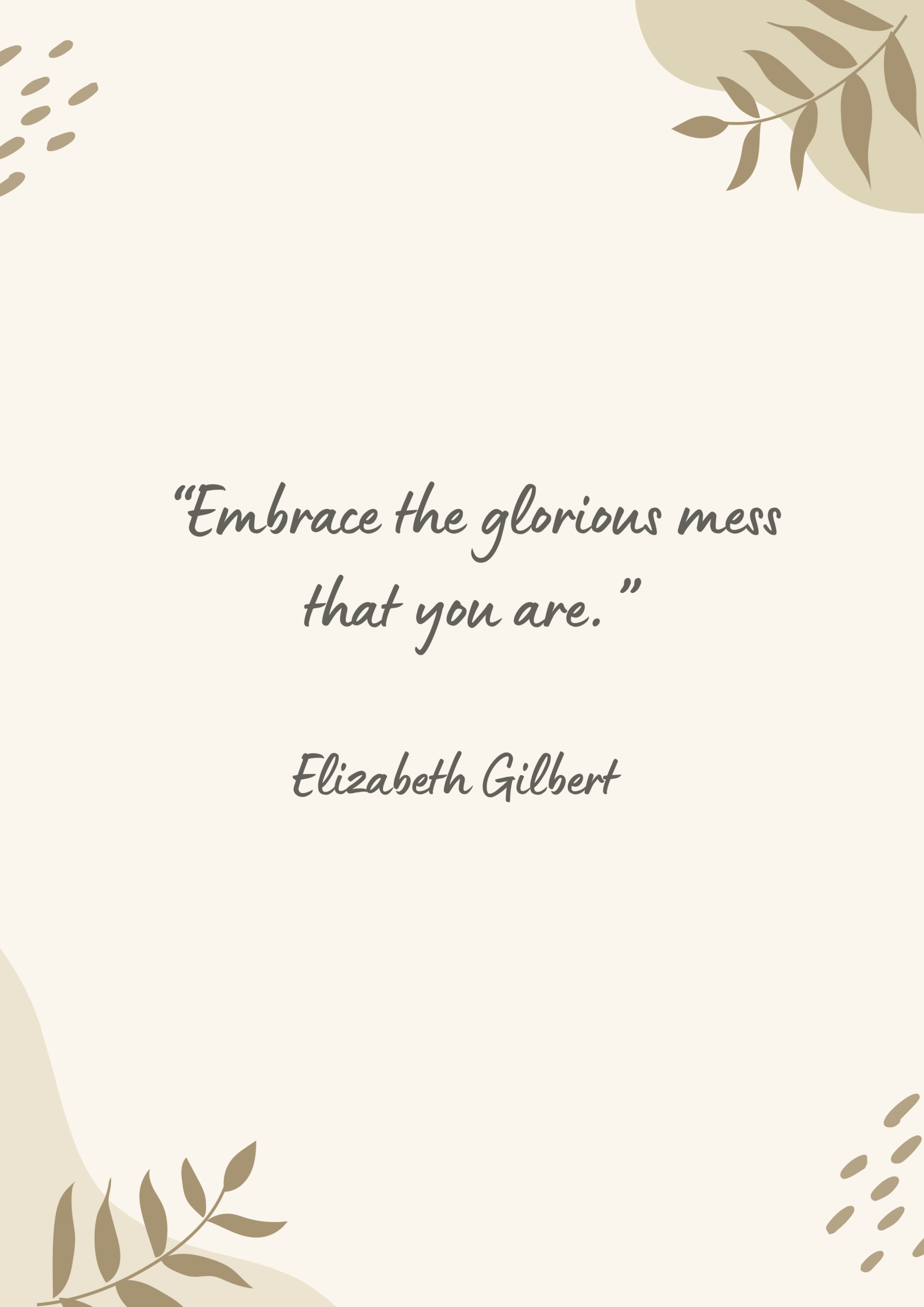


SOPHIA HAVEN

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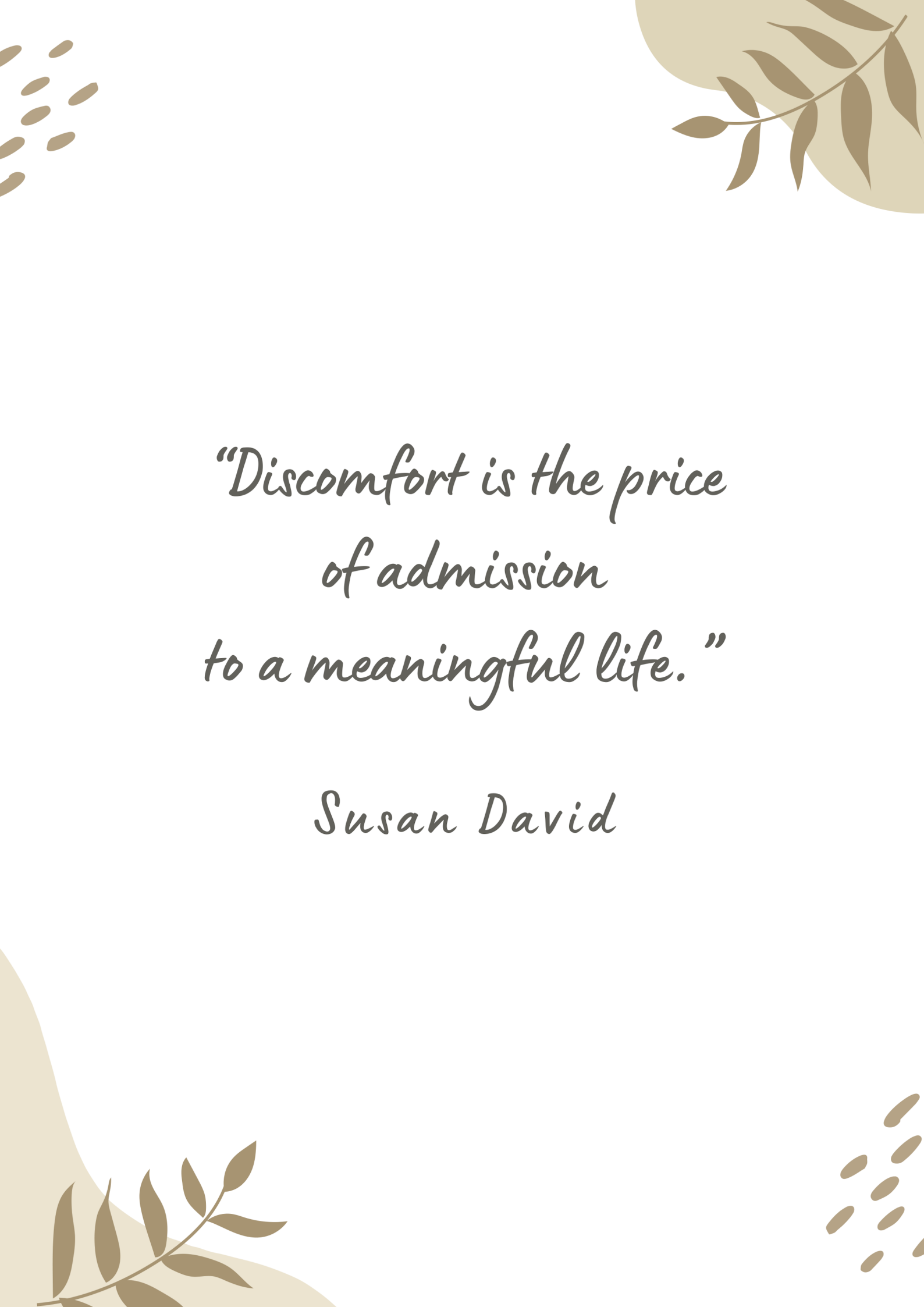
*“Vulnerability is not winning  
or losing, it's having  
the courage to show up  
and be seen when we have  
no control over the outcome.”*

*Brené Brown*

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*“Embrace the glorious mess  
that you are.”*

*Elizabeth Gilbert*

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*“Discomfort is the price  
of admission  
to a meaningful life.”*

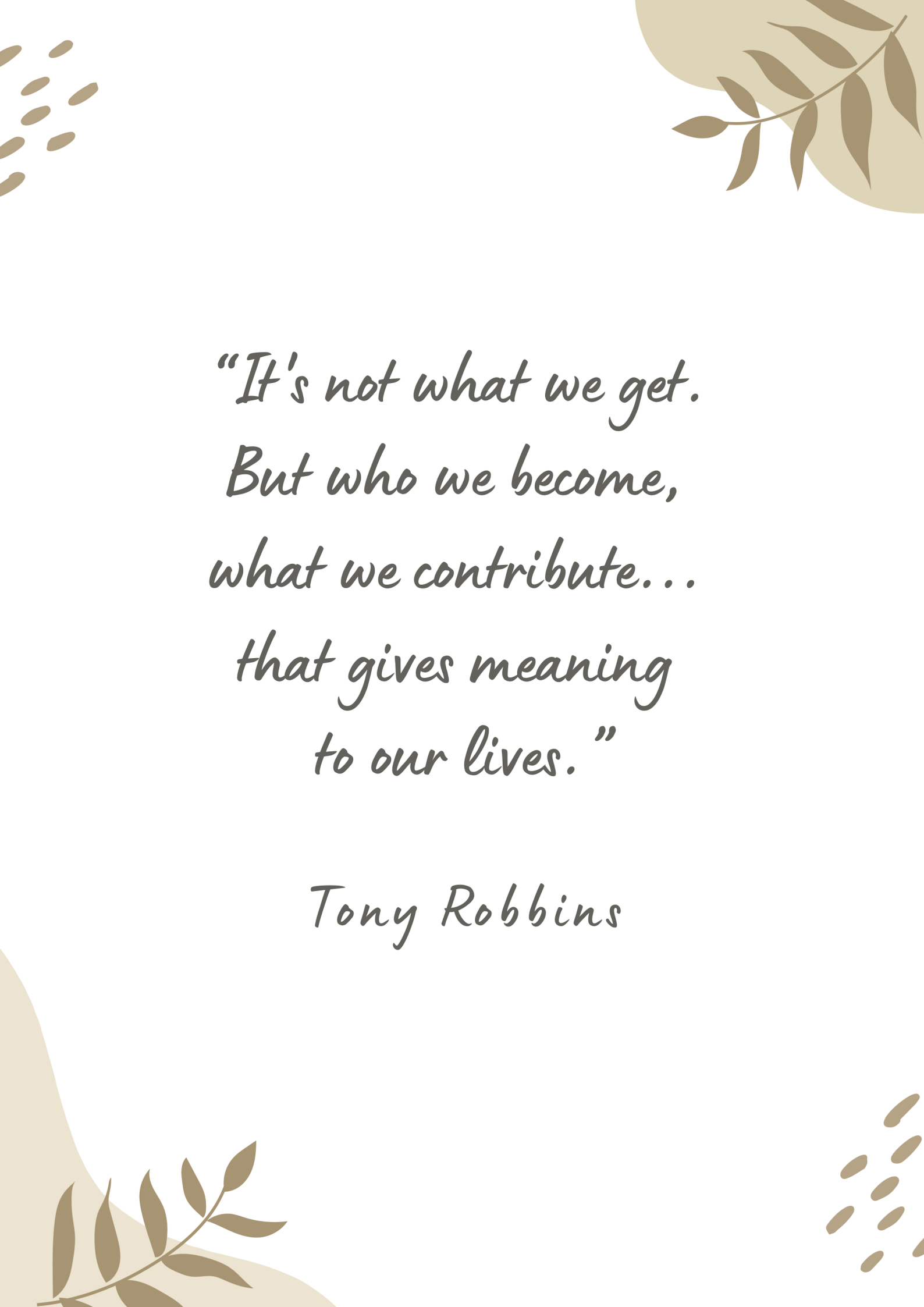
*Susan David*



*“The fears we don't face  
become our limits.”*


*Robin Sharma*



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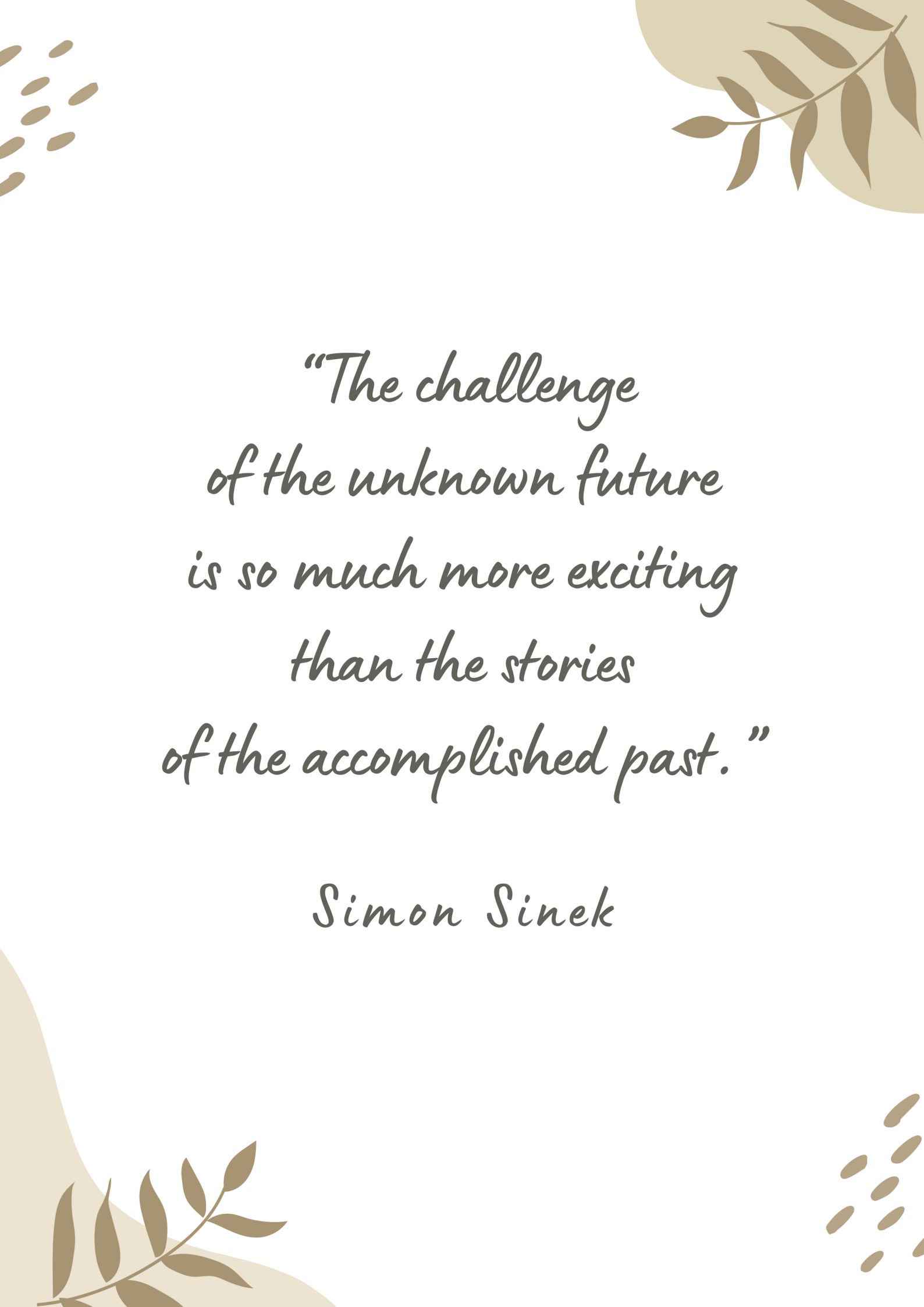
*“It's not what we get.  
But who we become,  
what we contribute...  
that gives meaning  
to our lives.”*

*Tony Robbins*

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*“Sometimes letting things go  
is an act of far greater power  
than defending  
or hanging on.”*

*Eckhart Tolle*

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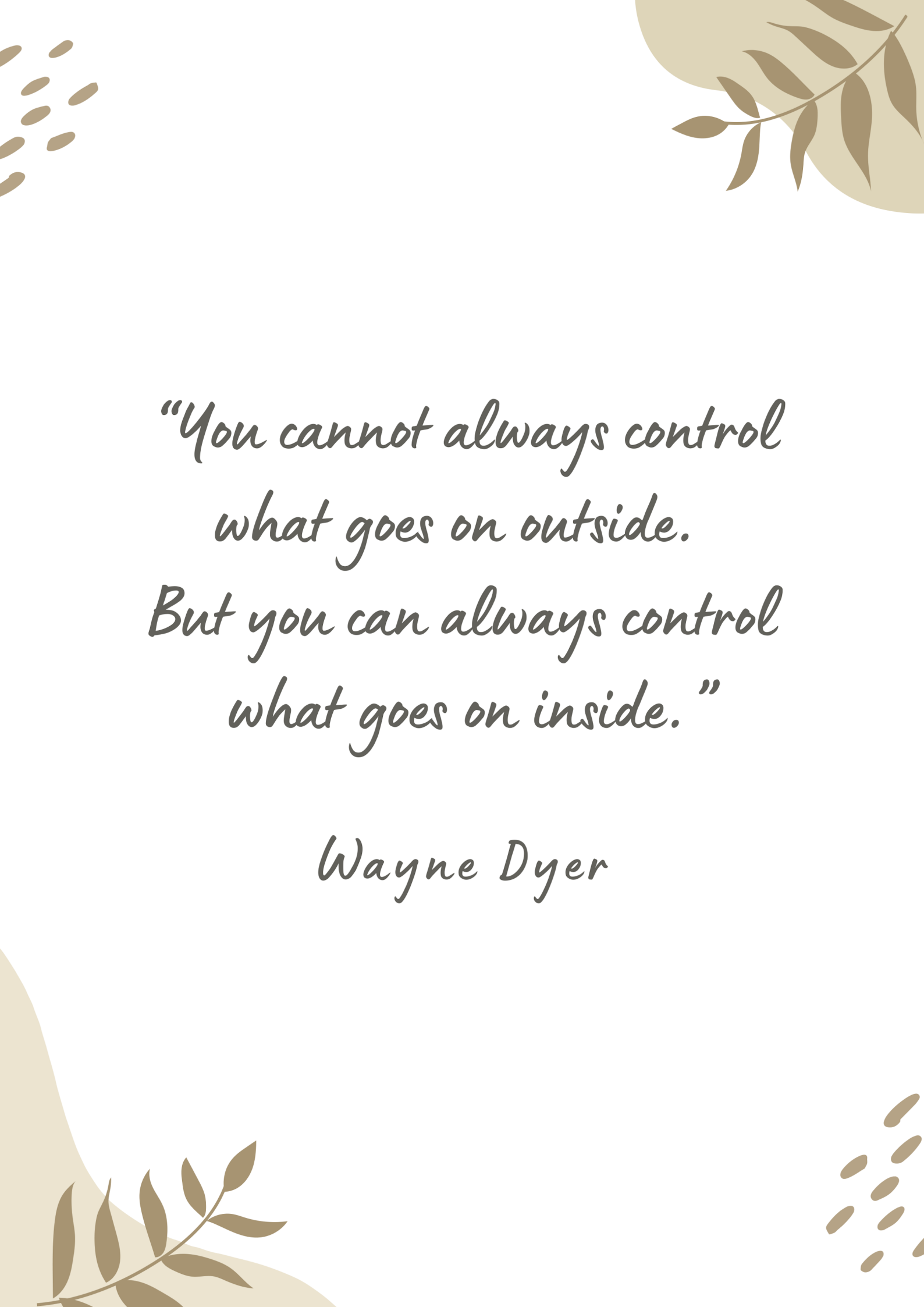
*“The challenge  
of the unknown future  
is so much more exciting  
than the stories  
of the accomplished past.”*

*Simon Sinek*

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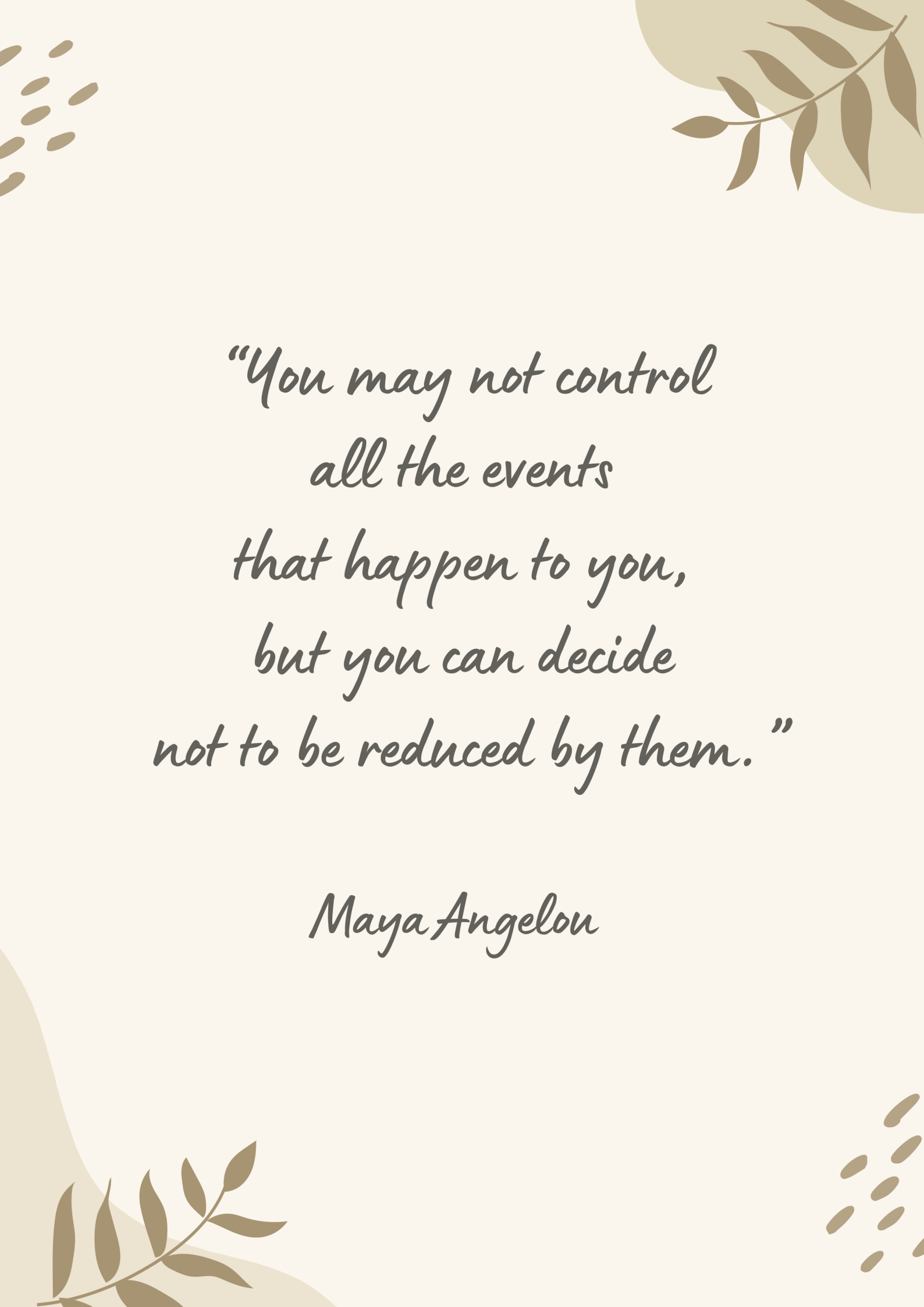
*“I choose to make  
the rest of my life  
the best of my life.”*

*Louise Hay*

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*“You cannot always control  
what goes on outside.  
But you can always control  
what goes on inside.”*

*Wayne Dyer*

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*“You may not control  
all the events  
that happen to you,  
but you can decide  
not to be reduced by them.”*

*Maya Angelou*







# PART IV

## EMBRACING CHANGE



SOPHIA HAVEN



*“You cannot swim  
for new horizons  
until you have courage  
to lose sight of the shore.”*

*William Faulkner*







*“Life’s beauty is inseparable  
from its fragility.”*

*Susan David*







*“Change is hard at first,  
messy in the middle  
and gorgeous at the end.”*

*Robin Sharma*






*“The only thing more  
unthinkable than leaving  
was staying,  
the only thing more impossible  
than staying was leaving.”*

*Elizabeth Gilbert*






*“Every thought we think  
is creating our future.”*

*Louise Hay*







*“Some changes look negative  
on the surface  
but you will soon realize  
that space is being created  
in your life for something  
new to emerge.”*

*Eckhart Tolle*







*“If you change the way  
you look at things,  
the things you look at  
change.”*

*Wayne Dyer*





*"If you don't like something,  
change it.  
If you can't change it,  
change your attitude."*

*Maya Angelou*





*"If you don't like something,  
change it.*

*If you can't change it,  
change your attitude."*

*Maya Angelou*

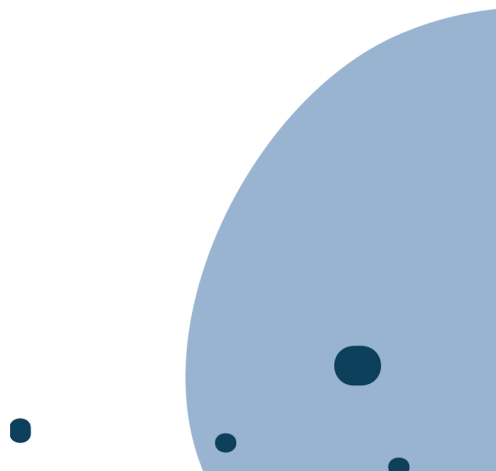


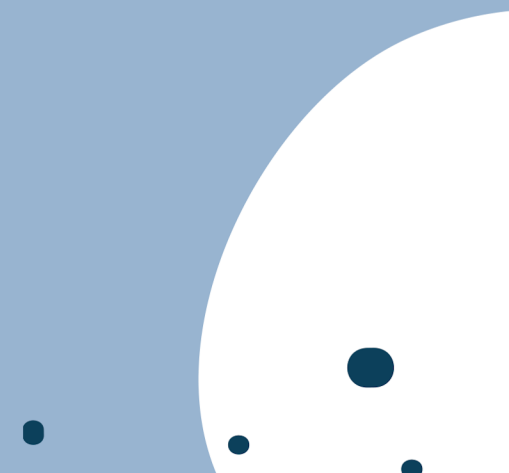


*“Love challenges,  
be intrigued by mistakes,  
enjoy effort  
and keep on learning.”*

*Carol S. Dweck*







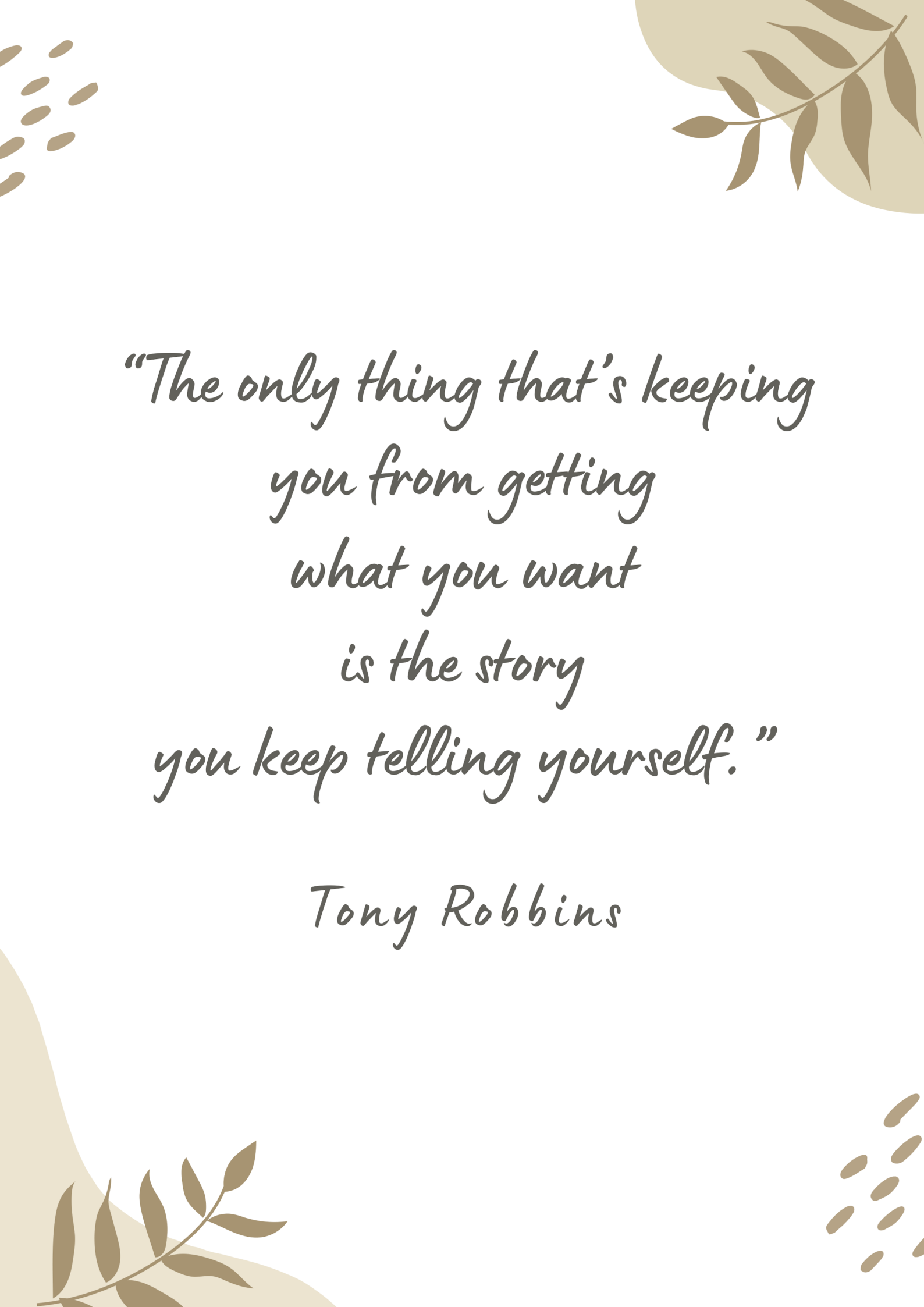


PART V

THE PATH TO INNER PEACE

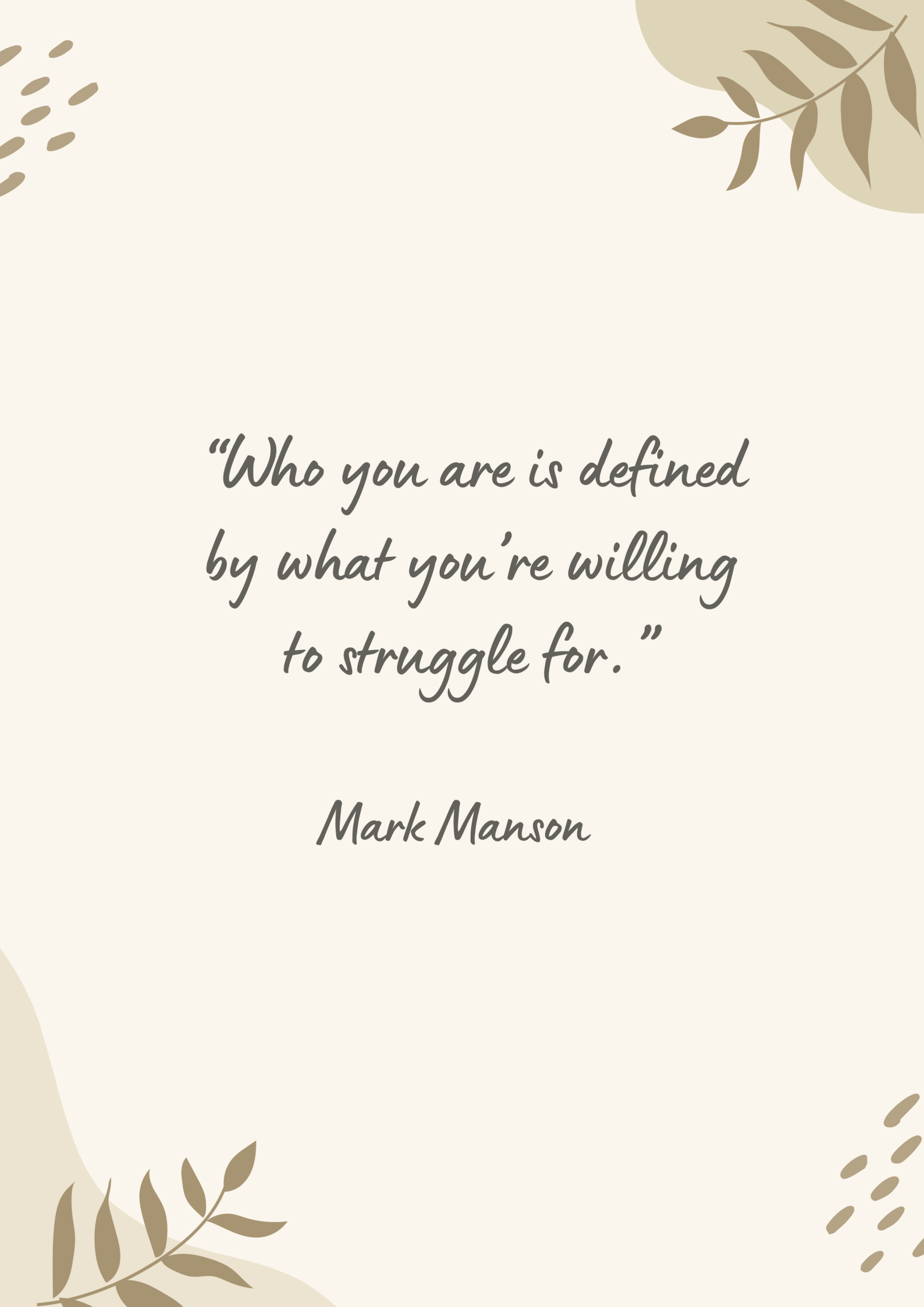


SOPHIA HAVEN

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*“The only thing that’s keeping  
you from getting  
what you want  
is the story  
you keep telling yourself.”*

*Tony Robbins*

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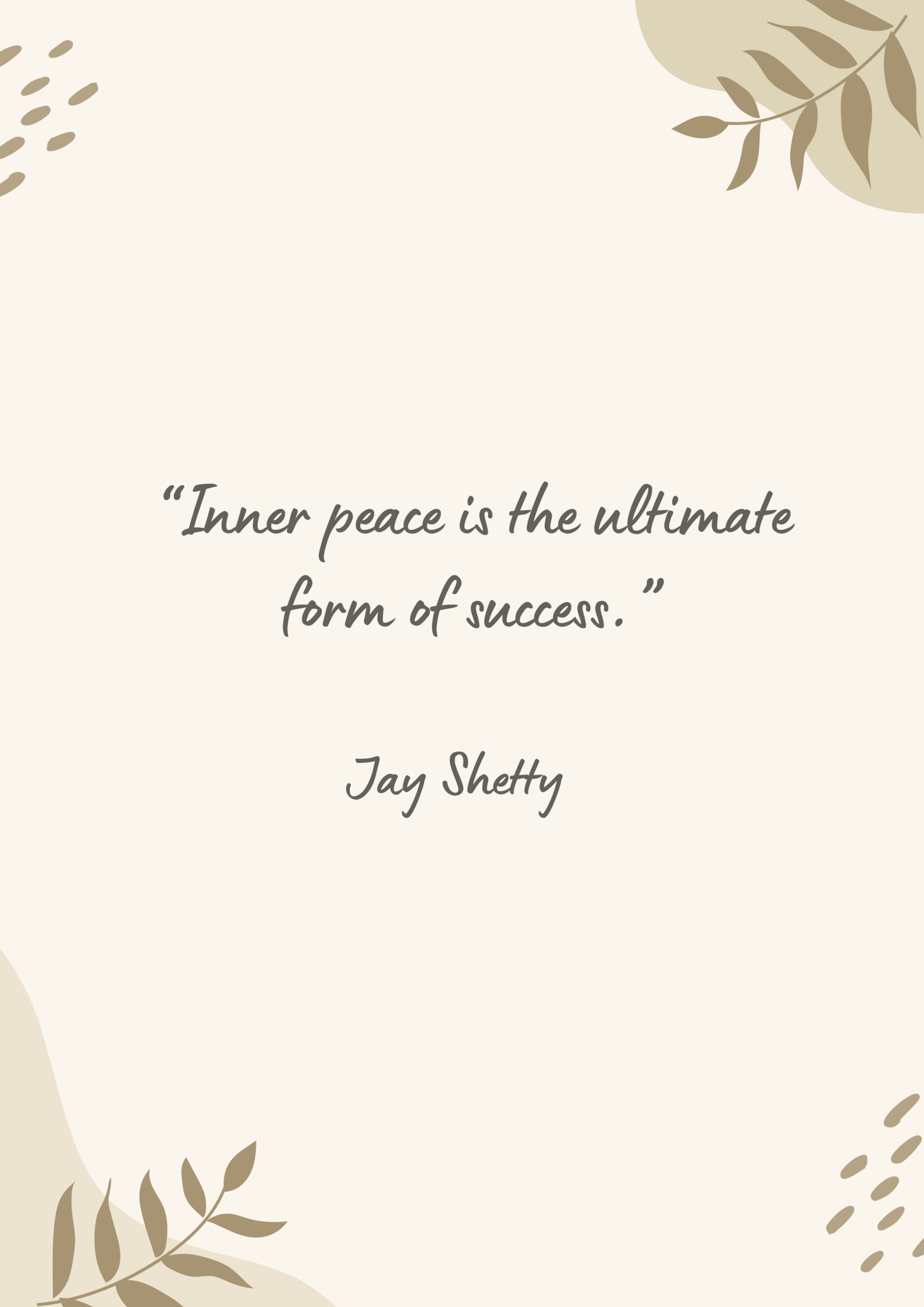
*“Who you are is defined  
by what you’re willing  
to struggle for.”*

*Mark Manson*

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*“Allow your passion  
to become your purpose,  
and it will one day  
become your profession.”*

*Gabrielle Bernstein*

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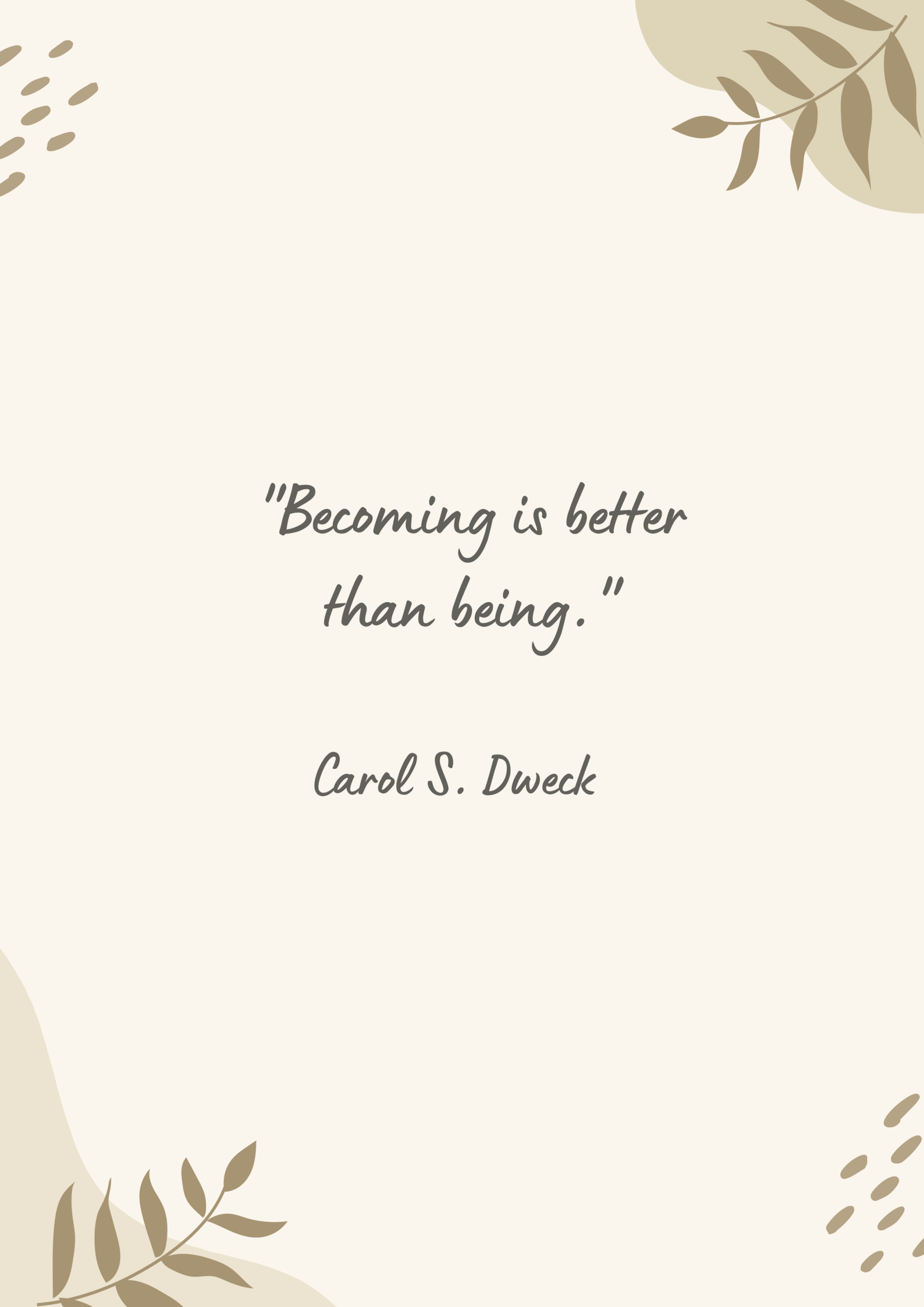
*“Inner peace is the ultimate  
form of success.”*

*Jay Shetty*

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*“Talk to yourself like  
you would to someone you  
love.”*

*Brené Brown*

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*"Becoming is better  
than being."*

*Carol S. Dweck*

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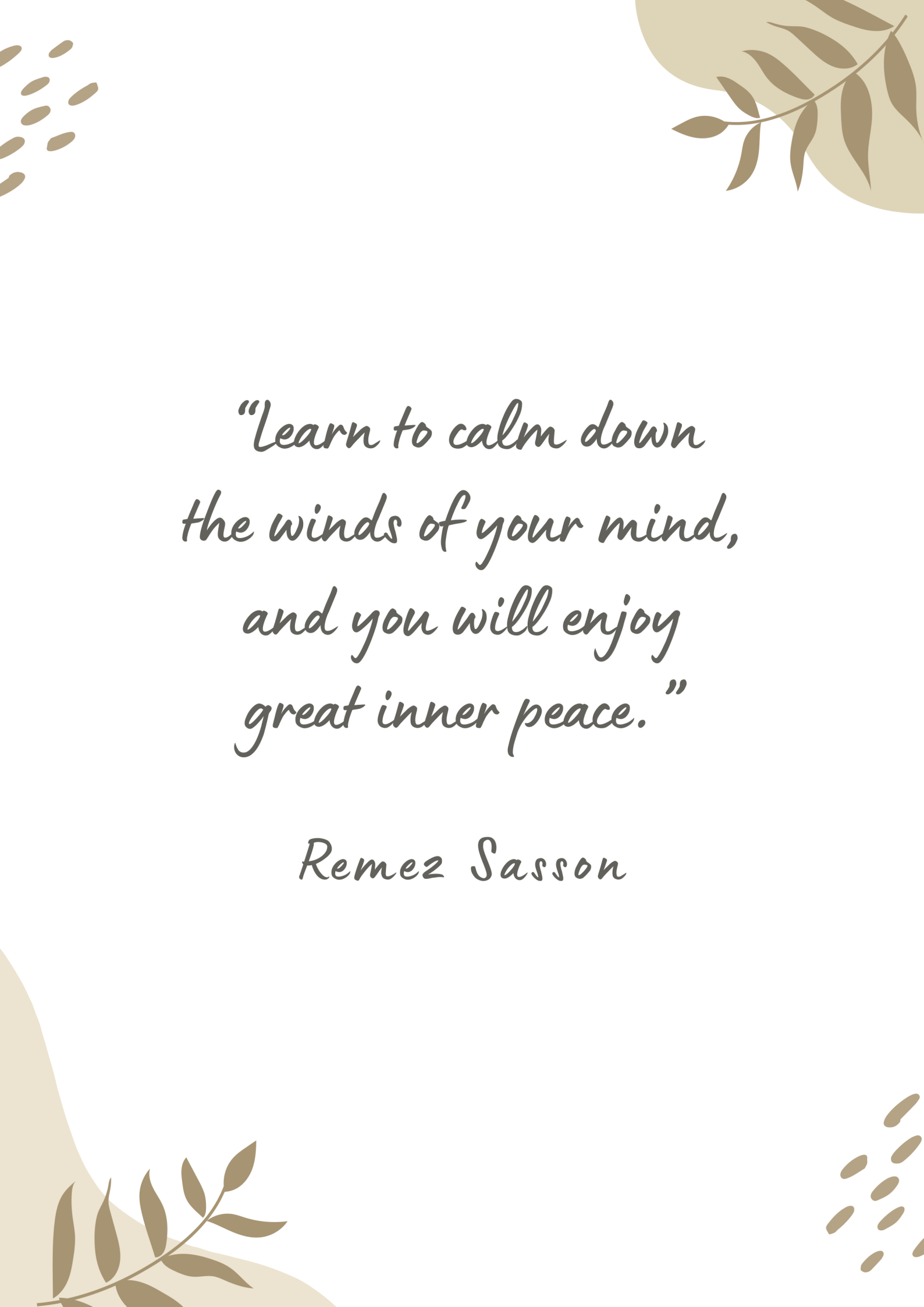
*“You have been assigned  
this mountain to show others  
it can be moved.”*

*Mel Robbins*

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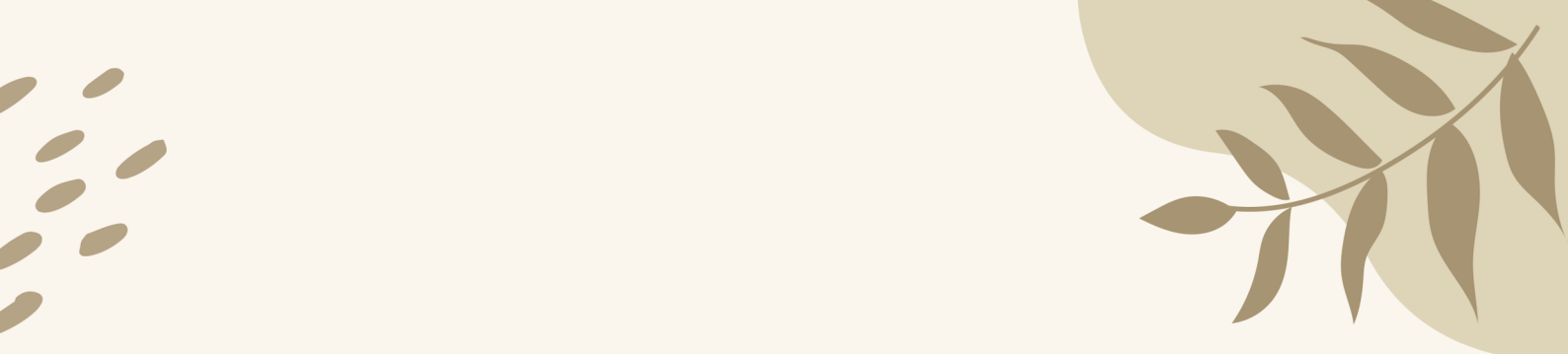
*“Working hard for something  
we don't care about is called  
stress, working hard  
for something we love  
is called passion.”*

*Simon Sinek*

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*“Learn to calm down  
the winds of your mind,  
and you will enjoy  
great inner peace.”*

*Remez Sasson*



*“Your ability to manage  
your emotions and remain  
calm under pressure  
has a direct link  
to your performance.”*

*Travis Bradberry*











# PART VI

## CULTIVATING HAPPINESS





SOPHIA HAVEN



*“Joy comes to us in ordinary moments. We risk missing out when we get too busy chasing down the extraordinary.”*

*Brené Brown*







*“Happiness is not something  
you postpone for the future,  
it is something you design  
for the present.”*

*Jim Rohn*






*“Research now shows  
that the radical acceptance  
of all of our emotions,  
even the messy, difficult ones,  
is the cornerstone to resilience,  
thriving, and true,  
authentic happiness.”*

*Susan David*







*“What we’re searching for  
is not out there, but it’s inside.  
Therefore, happiness is  
actually an inside job”*

*Jay Shetty*







*“Your feelings  
are your greatest tools  
to help you create your life.”*

*Rhonda Byrne*







*“Enthusiasm is common.  
Endurance is rare.”*

*Angela Duckworth*






*“People are chasing cash,  
not happiness.  
When you chase money,  
you’re going to lose.  
You’re just going to.  
Even if you get the money,  
you’re not going to be happy.”*

*Gary Vaynerchuk*







*“Everything worthwhile in life  
is won through surmounting  
the associated negative  
experience. Any attempt  
to escape the negative,  
to avoid it or quash it  
or silence it, only backfires.”*

*Mark Manson*







*“Acknowledging the good  
that you already have  
in your life is the foundation  
for all abundance.”*

*Eckhart Tolle*

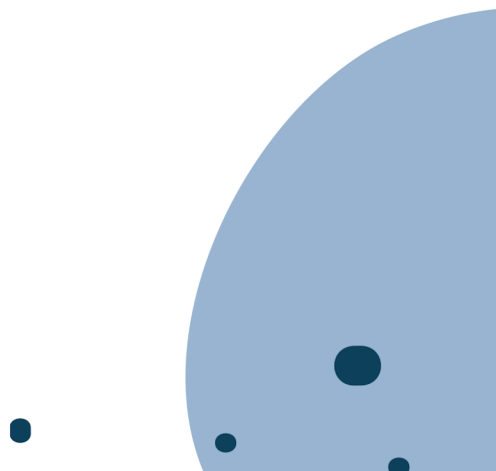


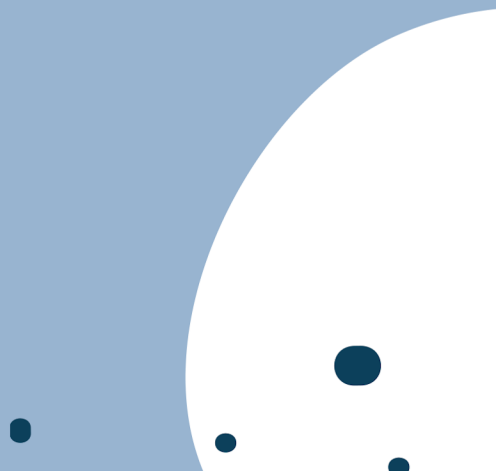


*“The hallmark of successful people is that they are always stretching themselves to learn new things.”*

*Carol S. Dweck*







## END NOTE

IT'S MY SINCERE HOPE THAT THESE SNIPPETS OF WISDOM HAVE PROVIDED YOU WITH MOMENTS OF REFLECTION, ENCOURAGEMENT, AND PERHAPS A NEW PERSPECTIVE ON THE ART OF LETTING GO.

THESE QUOTES, HANDPICKED FROM "DARE TO LET GO," WERE SHARED WITH THE INTENTION OF SUPPORTING YOU, EVEN IN THE SMALLEST WAY, ON YOUR JOURNEY TOWARDS SELF-DISCOVERY AND LIBERATION.

MAY YOU FIND IN THESE WORDS THE INSPIRATION TO CONTINUE YOUR JOURNEY WITH AN OPEN HEART AND AN OPEN MIND, EMBRACING THE JOY AND CHALLENGES ALIKE. IF THESE QUOTES HAVE BROUGHT YOU A MOMENT OF JOY, A SENSE OF PEACE, OR A STEP CLOSER TO LETTING GO OF WHAT NO LONGER SERVES YOU, THEN THIS COLLECTION HAS FULFILLED ITS PURPOSE.

THANK YOU FOR INVITING THESE WORDS INTO YOUR LIFE. MAY THEY SERVE AS REMINDERS OF YOUR STRENGTH, RESILIENCE, AND THE ENDLESS POSSIBILITIES THAT COME WITH THE COURAGE TO LET GO.

WISHING YOU ALL THE BEST ON YOUR CONTINUED JOURNEY.

WARM REGARDS,

SOPHIA HAVEN



*“Letting go is the passage  
to a life filled with greater  
peace, clarity,  
and fulfillment.”*

*Sophia Haven*