

RELEASE THE FEAR

[CHORUS]

I RELEASE THE PAIN OF MY PAST
MY FUTURE IS BRIGHT
FEELIN' SO LIGHT
OH YEAH, I'M RELEASIN' THE FEAR
MY INNER PEACE IS HERE
OH, RELEASE THE FEAR

TAKE CONTROL OF MY LIFE
LETTING GO OF ALL THE STRIFE
FEELING CALM AND CAREFREE
FEARS NO LONGER CONTROLLING ME

[REPEAT CHORUS]

LIVIN' WITH JOY AND PEACE
MAKES ANXIETY CEASE
I'M TAKIN' CARE OF TODAY
ANYTHING THAT COMES MY WAY

LEAVIN' WORRIES BEHIND
USING THE POWER OF MY MIND
NOW'S THE TIME TO SETTLE DOWN
I CAN TURN THIS FEAR AROUND

[REPEAT CHORUS]

BRIDGE

I KNOW I CAN DO IT
I CHOOSE TO GO WITH THE FLOW
CAUSE I TRUST WHAT I KNOW

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CAUSE I TRUST WHAT I KNOW

[REPEAT CHORUS]

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MINDFUL MOMENTS

MY JOURNAL



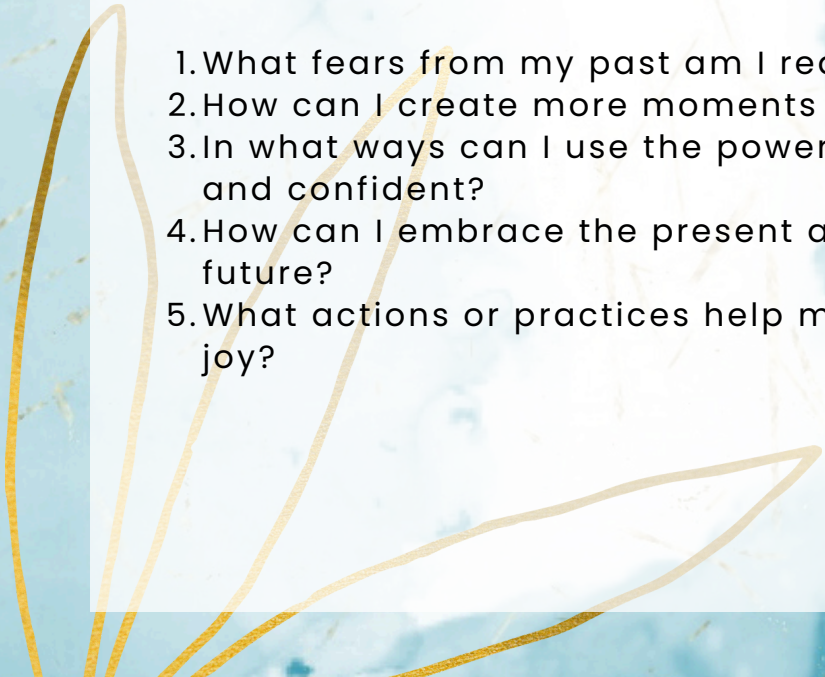
Why Journaling Helps You Heal & Shift Your Mindset

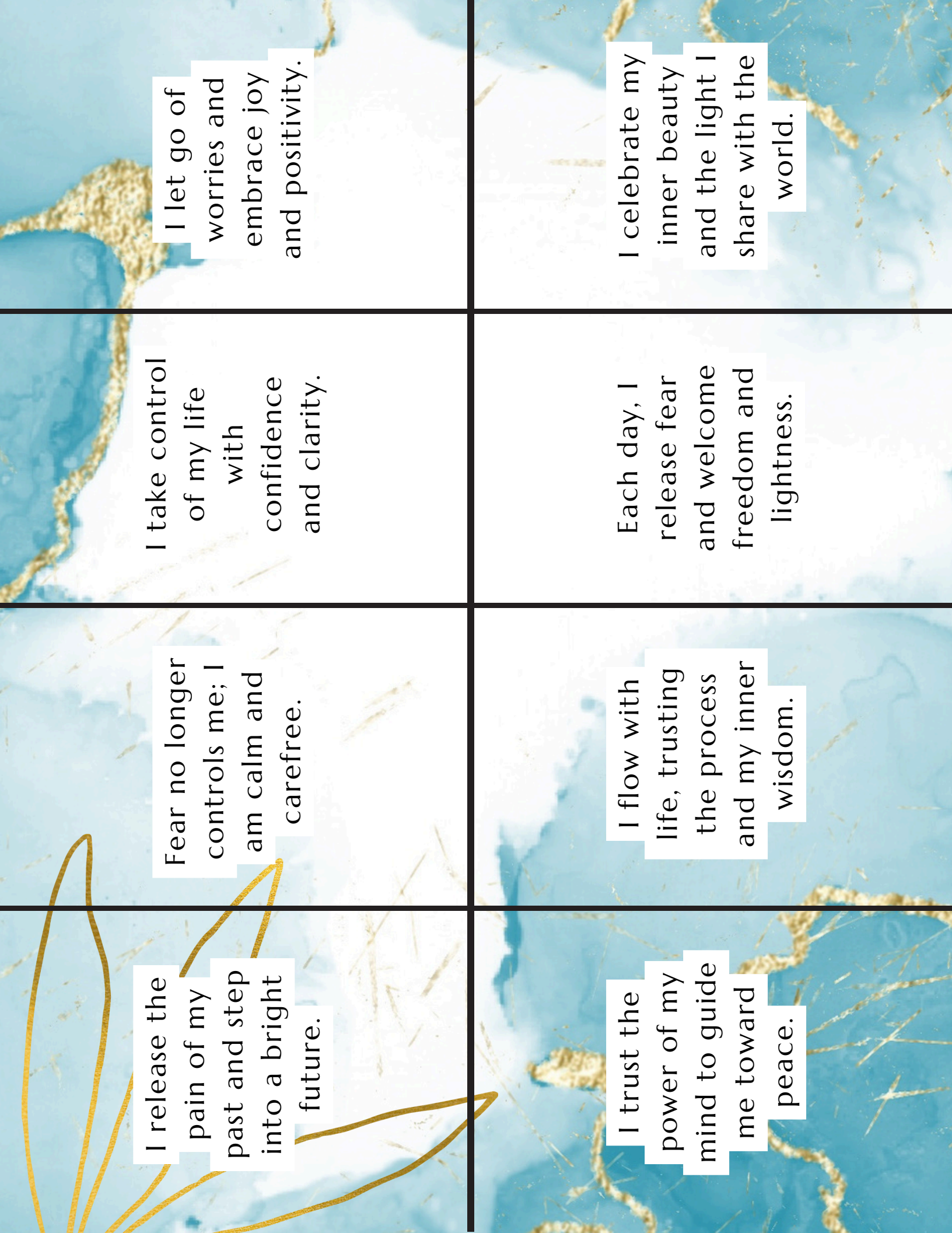
Journaling is a powerful way to process, release, and realign your thoughts. Writing things down by hand makes the experience deeper than typing—it slows you down, engages your brain differently, and helps you truly connect with what you feel.

- Releases emotions – Gets thoughts and feelings out of your head and onto paper.
- Brings clarity – Helps you see situations and patterns more clearly.
- Tracks growth – Looking back shows progress you may not notice day-to-day.
- Strengthens intention – Writing creates a stronger mind-body connection than keeping everything in your head.
- Encourages healing – Shifts negative cycles into empowering insights.

Remember, there's no "right" way to journal. Use the prompts often, repeat them as you grow, and let your pages reflect your journey.

Journal Prompts for Release the Fear

1. What fears from my past am I ready to release today?
 2. How can I create more moments of inner peace in my life?
 3. In what ways can I use the power of my thoughts to feel calm and confident?
 4. How can I embrace the present and let go of worry for the future?
 5. What actions or practices help me turn fear into freedom and joy?
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I release the
pain of my
past and step
into a bright
future.

Fear no longer
controls me; I
am calm and
carefree.

I take control
of my life
with
confidence
and clarity.

I let go of
worries and
embrace joy
and positivity.

I trust the
power of my
mind to guide
me toward
peace.

I flow with
life, trusting
the process
and my inner
wisdom.

Each day, I
release fear
and welcome
freedom and
lightness.

I celebrate my
inner beauty
and the light I
share with the
world.