

TIME APART FROM SOMETHING YOU LOVE

- ▶ We have a relationship with our heart's desires and actions.
- ▶ There are no hacks, or shortcuts, to improving any relationship. We need to work on it.
- ▶ You can't force yourself to fully commit to a relationship that's strained.
- ▶ Consciously take time away to have space and gain clarity about the future of your relationship.
- ▶ Allow enough time out to find your way back to the relationship, or to amicably separate from a dream that wasn't meant to be.
- ▶ Go with feelings not reason. *The heart knows, the mind justifies.*
- ▶ Letting go is not failure. It's progress and wisdom.

