



Cut out, laminate, and attach to the outside of the box.



***"A place to write,  
release, and heal."***

*This is a safe place for people to heal. If  
you found this box, please respect it.*



Cut out, laminate, and attach to the inside of the box.

## **LET GO BOX**

*Share yours. Read others. Let it go.*

### **INSTRUCTIONS**

1. Write down something you need to let go of. A breakup. A regret. A loss. A goodbye. A hope... However, do not send it to anyone! This is only for the box. You are writing for yourself and for posterity.
2. Please don't include full names, sensitive details, or contact information. To be respectful, it is important to keep it anonymous.
3. Place your letter in the box! You can also include a small photograph or Polaroid as long as it is appropriate and doesn't include names.
4. Read other letters and learn from them. Just remember, this is a safe place.
5. Share the location of this box with friends and family for them to contribute as well. Visit [letgobox.org](http://letgobox.org) to learn more!