

Letting Go Quotes

“When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us.”

Alexander Graham Bell

“Some of us think holding on makes us strong, but sometimes it is letting go.”

Herman Hesse

All the art of living lies in a fine mingling of letting go and holding on.”

Havelock Ellis

“Change is never easy, you fight to hold on, and you fight to let go.”

The Wonder Years

“Death leaves a heartache no one can heal, love leaves a memory no one can steal.”

Headstone

“Letting go is one way of saying I love you.”

Unknown

“We need in love to practice only this: letting each other go. For holding on comes easily—we do not need to learn it.”

Rainer Maria Rilke

“Sometimes you have to let go to see if there was anything worth holding on to.”

Anonymous

“Don’t cry because it’s over. Smile because it happened.”

Dr. Seuss

“We must be willing to let go of the life we have planned, so as to accept the life that is waiting for us.”

Joseph Campbell

“When I let go of what I am, I become what I might be. When I let go of what I have, I receive what I need.”

Lao Tzu

Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.

Oprah Winfrey

“Getting over a painful experience is much like crossing monkey bars. You have to let go at some point in order to move forward.”

Unknown

Hanging onto resentment is letting someone you despise live rent-free in your head.

Ann Landers

Letting go doesn’t mean giving up, but rather accepting that there are things that cannot be.

Anonymous