



10 to Zen

1. Let go of comparing.
2. Let go of competing.
3. Let go of judgements.
4. Let go of anger.
5. Let go of regrets.
6. Let go of worrying.
7. Let go of blame.
8. Let go of guilt.
9. Let go of fear.
10. Have a proper belly laugh at least once a day
(esp. if its about your inability to let go of any
or all of the above.)