

# Letting Go & Moving On

Advanced (C1-C2)



## WARM-UP

**Part 1. Discuss the following questions.**

1. What is one habit, thought or behaviour you want less of next year?
2. What made this year feel heavy or light for you?
3. When you hear the phrase letting go, what comes to mind?

**Part 2. Read the quotes. Choose one which resonates with you and explain why.**

**"Sometimes letting go is an act of strength, not defeat."**

**"You can't start a new chapter if you keep reading the last one."**

**"Peace begins the moment you choose not to fight old battles."**

**"Not everything you carry is meant to be carried forever."**

**Discuss:**

- Which one feels true for you?
- Which one challenges you?
- Which one reflects something from your year?



## VOCABULARY & SPEAKING

### Part 1. Read the short extracts. Guess the meaning of the expressions in bold.

1. "I finally decided to **draw a line under it**. I can't keep going over the same argument in my head."

"Yeah, it's exhausting."

2. "When I said it out loud, it felt like I'd **closed that chapter** for good."

"I know that feeling."

3. "I didn't realise how much it was **weighing me down** until I let it go."

4. "I had to **make peace with** the fact that some things won't change."

5. "This year, I've really **outgrown** some friendships."

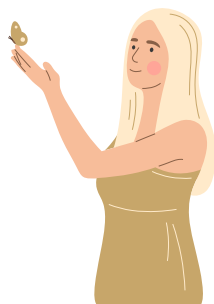
"That's part of life."

6. "Letting go felt like a real **weight off my shoulders**."

7. "It's time for me to **leave this in the past** and focus on what's ahead."

### Part 2. Finish the sentences with your own ideas.

- One thing that has been **weighing me down** this year is...
- I finally **closed that chapter** when I realised that...
- I finally want to **draw a line under**...
- I'm trying to **make peace with** the fact that...
- I've definitely **outgrown**...
- It would feel like **a weight off my shoulders** if...
- I want to **leave ... in the past** next year.



**Part 3. Read the extracts and answer the questions.**

**A.** "I hit my breaking point in July. I said yes to everything, took on too much, and ignored every sign that I needed rest."

- What pushed them to this point?
- What do they need to let go of?

**B.** "I kept chasing an old version of myself, and all it did was make me feel stuck."

- What does this person need to leave behind?

**C.** "I thought holding on meant caring. Now I realise letting go is the real kindness."

- Who or what might they be talking about?

**D.** "I didn't get the ending I wanted, but I'm learning to make peace with that."

- What acceptance are they working toward?

**Part 4. Choose one and explain your choice.**

**Turn the page**

or

**Make peace with it**

**Leave it in the past**

or

**Revisit it one last time**

**Let go slowly**

or

**Make a clean break**

**Carry lessons forward**

or

**Let the whole thing go**

**Part 5. Choose three things from the list that you are done with next year. For each one, explain using at least one vocabulary expression.**

- A habit
- A fear
- A belief
- A responsibility
- A resentment
- A pattern
- A thought you always return to

**Part 6. Choose one meaningful thing to carry forward for each item on the list, and explain the thinking behind your choices.**

- One lesson
- One habit
- One relationship
- One mindset
- One truth
- One realisation

**Part 7. Discuss the following questions.**

1. How do you know when you've outgrown someone or something?
2. What's the difference between giving up and letting go?
3. Can you move on without closure?
4. Do all chapters need an ending?
5. Why do people hold on to things long after they've stopped working?
6. When does letting go feel freeing, and when does it feel painful?

## **REFLECTION**

**Complete the sentences.**

- If I don't let go of..., next year will feel...
- If I let go of..., next year could become...
- If I turn the page on..., I will finally...
- The chapter I need to close is... because...