



Forgiveness

■ 21-day Exercise

What you need to start: blank sheet of paper, writing utensil, space to reflect

1. Grab a blank piece of paper.
2. At the very top write:
I ask that forgiveness set me and the following free
3. Below this statement write out everyone you want to extend forgiveness to:

- family, friends, neighbors, acquaintances;
- people you don't know but have impacted your life;
- groups of people, organizations, communities;
- anything that has a heaviness to it like a type of animal, insect, or a feeling, sensation or even a circumstance.

Let it pour out of you. Everything you want to forgive, put on this blank sheet of paper.

4. Once you cannot think of anything more to add, add one more, the one you've been hesitant to write down. Go ahead.
5. Now fold the paper's bottom edge to just below the statement you wrote at the top covering all those you want to forgive.
6. On the blank space write:
I ask that everyone and everything on this list experience great happiness, success, and may all their dreams come true
7. Look at and recite both statements for 21 days straight. Observe what happens during this time.

I ask that forgiveness set me and the following free.

FOLD

I forgive...

When you feel complete, add one more.

FOLD

I ask that everyone and everything on this list
experience great happiness, success, and may
all their dreams come true.

21 DAY TRACKER