



Queen OF MANIFESTATION™

Clearing Your Blocks to Abundance

FORGIVENESS

It's time to let go of any old hurts you're holding onto so that you abundance can flow freely into your life. Fill out this sheet now. Then listen to the forgiveness meditation.

When I was little, I used to LOVE...

I wanted to be a _____ when I grew up.

OLD HURT

_____ hurt me by _____


_____ .

_____ hurt me by _____

_____ .

_____ hurt me by _____

_____ .



_____ hurt me by _____

LETTING GO

Dear _____, I forgive you for _____

Thank you for teaching me _____

Dear _____, I forgive you for _____

Thank you for teaching me _____

Dear _____, I forgive you for _____

Thank you for teaching me _____

Dear _____, I forgive you for _____

Thank you for teaching me _____



FOCUSING ON ME:

I hurt myself by _____

_____ .

I forgive myself for _____

_____ .

I am grateful for this experience. It taught me _____

_____ .

What was your favorite memory from your childhood?

What's your favorite memory from your teens?



What did you like best about your 20s?

What did you like best about your 30s?

What did you like best about your 40s?

What are your greatest accomplishments from the past year?



What do you love about your life right now?

What lessons are you grateful that you've had the opportunity to learn?

What did you remember about yourself by doing this exercise?