



## **RADICAL Forgiveness**

### **TODAY'S EXERCISE:**

Moving the energy that blocks the natural flow of perfect health, abundance, harmonious relationships, joy and peace.

**What is working in your life?**

**What is not working in your life?**

**What “unforgiveness” can you determine might be keeping you from your highest good?**

**What feelings are associated with this?**

**Are you “willing” to release it so that you can create the life you wish to live into?**

**Are you “willing” to take the time to do a worksheet on this?**