



Truth: “Discover who you really are”

Week Three - Forgiveness

Just like last week, please read your affirmation daily, out loud, and in a mirror to yourself.

Don't forget to protect yourself this week! As many times as you need to. Put yourself in a bubble of protective white light and call on your angels, guides, and loved ones. Keep grounding yourself, writing in your journal, and opening and closing your chakras!

Date: _____

Please say these affirmations out loud in the mirror before writing. You may find it helpful to print a copy of this affirmation and stick it on your mirror. Say this out loud as many times a day as you can.

Week three affirmation:

Affirmations are any statement we make- either positive or negative. In this case we will be focusing on POSITIVE affirmations daily. Always make your affirmations in the present tense (example: “I AM,” “I WANT,” “I HAVE”). Making your affirmations in the mirror helps reflect the feelings you are having about yourself.

I am a divine gift of Spirit/God.
I am worthy of peace.
I am open, clean, clear, and balanced.
I surround myself with love and happiness always.
Abundance is coming to me always, and is here now.
I am healthy, whole, and complete.
I love myself and others unconditionally.
I am full of peace and bring peace to others.
I am surrounded by loving and giving people.
I am honest with myself and others.
I forgive myself for everything.
I forgive others for everything.
I am free. I am balanced. I am one with God and all of creation.
I am **amazing** and ready for greatness!
I am blessed to learn every lesson given to me and I welcome them all.
Thank you God/Spirit for giving me the gift of life, I will not waste one moment.



What am I holding onto that I need to let go of?

Today I put myself in a bubble of white light _____ times.

Today I grounded myself _____ times.

Today I ask for this guidance in my life:



Today I take accountability for...

My letter to someone I need to forgive who hurt me:



My letter or apology to someone who I feel I need to apologize to:



The life lesson I learned today:
