

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!

Please	say these	affirmations	out loud in	the mirror	before writing.	You may	fii

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:

Date:

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.

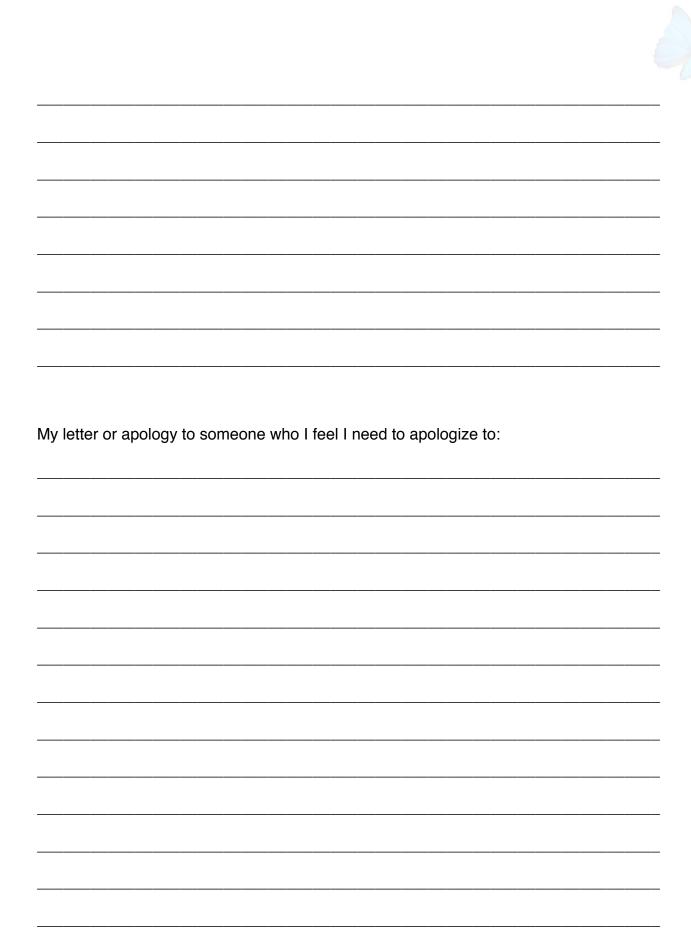
Thank you God/Spirit for giving me the gift of life, I will not waste one moment.



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:





The life lesson I learne	ed today:		