

Activity 4: Practices to Cleanse and Nurture Your Conscience

Use this activity to enhance spiritual renewal and initiate clearing your conscience.

Part 1: How do you renew your spirit? Describe the practices you choose, how often you will perform them, and specifically how you will apply them (e.g., meditation ten minutes before bed daily).

Breathe Deeply	Stop and smell the roses	Thankfulness/Gratefulness		
Positive Music	Quiet time	Prayer	Meditation	Yoga
Devotion	Natural Renewal	Forgiveness	Other:	

I will...

Part 2: Initial conscience-cleaning plan (continue as needed after completion to refine and use with new results). Each of us has daily exposure to negativity, guilt, shame, or anger. Some of us carry lifetime burdens that continue to afflict our spirits. Start your cleanse by considering the three most important things you want to release from your conscience, what you need to be forgiven for, and who needs to forgive you. What process will you use to release this burden (consider the Radical Forgiveness approach if not sure)? Do you need support? Can you realistically do this? Start with the easiest burden to lift, and even if the cleanse is not completely effective, keep going. It gets more effective and easier with practice.

To release	Who	How/Process	Support	When
Critical words	Dale	In person / apologize	Self	By Fri. 4:00 p.m.
Anger re: cheating	Terri	Radical Forgiveness	Judy	On Sat. 1–2:00 p.m.

The Radical Forgiveness Worksheet can be downloaded from Collin Tipping’s website, <http://colingtipping.com> along with other useful free resources.