



I forgive myself exercise

1. Get comfortable and be open to let your mind let go of all of these thoughts that are cluttering your mind and creating dis-ease in your body
2. Get a piece of paper along with a pen or pencil (this exercise is not effective on a computer)
3. Write down, "I forgive myself for....." as many times as necessary until you release it all, this might be one piece of paper, it might be 20 pages of writing I forgive myself for.....
4. Write out the whole phrase each time.
5. Once you have released everything onto paper. Thank yourself for all that you do and for the lessons that you have learned. Acknowledge your amazingness.
6. Now, if you have a safe space to do this... burn what you just wrote and let go. If you have a fire pit or a stainless-steel bowl that you can use in a sink or tub would be ideal. If you don't have a safe option shred it in a shredder and then take it out to the trash.
7. This exercise can be done quarterly to release all that still needs to be let go.
8. Yes, tears are part of this process. Release, forgive and love again!