



JEWELTREE, llc  
Holistic Life Coaching & Energetic Restoration

**JewelTree's Accountability Worksheet**

The allegation is...

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My involvement is:

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My emotional health at the time of this occurrence was: (circle one) unstable      balanced  
My mental health at the time of this occurrence was: (circle one) unstable      balanced  
My physical health at the time of this occurrence was: (circle one) impaired      healthy  
My spiritual health at the time of this occurrence was: (circle one) fear-centered      love-centered

What do you know to be TRUE about this situation from a loved based perspective?

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How does this allegation work towards my benefit? What vulnerabilities does it expose?

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I hold myself accountable for my TRUTH and accept that I have drawn this condition to me to learn, grow and heal my life (Explain):

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I now release my prior understanding of "my story". I release any "soul restriction" and commit to listening more to my heart than to the judgments of others. I also will, heretofore, restrain from any further judgment of others. I am finished living my own judgments.

(circle one) I commit      need to ponder      I am skeptical      not ready to commit

I now regard myself in a higher state of awareness and personal vibration to receive my abundance in the form of everything. This guilt/blame is now dissolving in the most divinely orchestrated way that benefits the whole.

(circle one) I commit      need to ponder      I am skeptical      not ready to commit

I summon my aligned energy, well-being and love to supersede my over Egoic pursuits in order to embody my Truth, love and happiness in order to share it with others.

(circle one) I commit    need to ponder    I am skeptical    not ready to commit

I am now committed to recognizing the shift that must occur in order for me to remove any emotional debris that keeps me bound to the status quo. I am worthy of infinite happiness, love, success and abundance. In order to do so I agree to shift my personal vibration to be that of perfection and mental well-being.

“ I now recognize that...

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I understand that I am responsible for all my thoughts, decisions, actions and feelings. I now turn this over to my own Spiritual Intelligence and know that all is as it should be right here and now. I recognize the importance of visualizing and believing that I am surrounded by the conditions I wish to create.

(circle one) I commit    need to ponder    I am skeptical    not ready to commit

I am appreciative of this experience. Every morning and evening I will inventory the things, events, people, synchronicities, internal messages/guidance and milestones for which I am grateful.

(circle one) I commit    need to ponder    I am skeptical    not ready to commit

Nothing is either “good” or “bad”. I understand that the Universe presents me with opportunities to align with love. I now open my awareness to a greater state of mindfulness to see the intended meaning without ego-attachment. I hold myself accountable to do the work set before me with a lens of acceptance and love. The less resistance I offer the less frequent “bad feeling” situations will arise.

(circle one) I commit    need to ponder    I am skeptical    not ready to commit

I now commit to being open to my creative intelligence and well-being and in this state of ease, appreciation, gratitude and love the Universe will issue my requests in total faith and in perfect divine orchestration.

(circle one) I commit    need to ponder    I am skeptical    not ready to commit

**So Be it.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_