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Holistic Life Coaching & Energetic Restoration

JewelTree's Forgiveness/Acceptance Worksheet

I am feeling blame because...

The way I feel about myself in regard to this situation is:

Right now I commit to owning these feelings. I love and honor these emotions as they are a part of me. They are serving as leverage to help move me beyond my current state of discomfort into self-acceptance. I make a motion to discontinue judging these actions and forgive myself.

(circle one) I commit keep talking need to ponder unwilling

I believe that my restrictive thought patterns are preventing me from forgiving myself. These are:

I am willing to delve deeply into the recesses of past relationships with parents, siblings and acquaintances to expose the identities I have come to believe about myself that are **inaccurate**. For example:

My guilt/shame surrounding these feelings is appropriate/inappropriate. (Circle one and explain):

I accept that I have drawn this condition to me to learn, grow and heal into my life. The individuals that have magnified this awareness for me (appearing as enemies) are:

1. _____ 2. _____ 3. _____ 4. _____

I embrace these individuals as angels and commit to Forgiveness with each person.

(circle one) yes need to ponder you're kidding, right? (nope, I'm not) unwilling

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 imposed on me by 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 understand how much energy I expended to resist the ease of accepting myself. I love myself and understand that I was brought into physical form to help the Universe unfold. I now commit to opening up and allowing a greater stream of love, happiness and acceptance. I truly believe that the Universe is a friendly and abundant place and I am willing to receive this love here and now.

(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, including currency. 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...

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. The concept of blame was of my own making. 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

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: _____