

# Create the life of your dreams

You are just steps away from creating the life you thought was out of reach.

For those who are willing, this is the path away from negative thoughts and circumstances...

- to self-forgiveness
- to self-love
- to forgiveness of others
- to freedom
- to living your dreams

**FIND A QUIET SPOT. BE SILENT AND THOUGHTFUL. BE HONEST. TAKE YOUR TIME.**

**A.) Name three major issues that negatively impact your everyday thoughts, peace of mind, and sense of well-being.**

*(One ISSUE per line):*

- 1.
- 2.
- 3.

**B.) For each major issue above, list at least five words that describe how it makes you feel.**

Examples: Sad, hopeless, angry, frightened, betrayed, belittled, hurt, depressed, helpless, powerless, etc.

*(At least five feelings per ISSUE on each line. List at least 15 total):*

- 1.
- 2.
- 3.

**C.) Next, find the commonalities in all three. (You should list at least three.)**

*(Three commonalities):*

- 1.
- 2.
- 3.

**D.) Realize this FULLY: You hold vibrational frequencies that align with these issues and feelings.**

**E.) Now, WHOLE-HEARTEDLY forgive yourself and release these issues. Love yourself.**

**F.) Finally, TRULY forgive the people in your life who are connected to these issues. Love them, and set them free to fulfill their own dreams and yours.**

**YOU ARE NOW FREE to experience YOUR dreams!**

With an open heart and loving intentions, you are a vibrational match for your desires.