

✦ AWAKEN ✦

THE

Let it Go

MINI-WORKBOOK

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Your First Step to Deep Forgiveness

Welcome, beautiful soul.

This workbook is designed to prepare you
for your forgiveness journey.

Let's begin with open hearts.



Part 1: Forgiveness Inventory

Take a deep breath. From a place of self-compassion, list:

Three people you'd like to forgive:

- 1 _____
- 2 _____
- 3 _____

Three situations you're ready to release:

- 1 _____
- 2 _____
- 3 _____

Three things you'd like to forgive yourself for:

- 1 _____
- 2 _____
- 3 _____

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Part 2: Forgiveness Reflection

Choose one item from above that feels most ready to be released.

What emotions come up when you think about this?

What would true forgiveness feel like in this situation?

What's one gift or lesson this situation has brought you?

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Part 3: Your Forgiveness Declarations

Complete these powerful statements:

- I am ready to forgive because...

- When I forgive, I free myself to...

- By releasing this, I create space for...

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Part 4: 3-Day Forgiveness Practice

Day 1: Acknowledge

Spend 5 minutes acknowledging your feelings about the situation without trying to change them.

Reflection: _____

Day 2: Release

Write a letter expressing everything you need to say (you won't send it).

Key points from your letter: _____

Day 3: Transform

Write your forgiveness statement using this template: I forgive [name/situation] for [specific action/event]. I choose peace instead.

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Next Steps:

- Practice these declarations daily with the Ho'oponopono meditation
- Notice how you feel as you release
- Be gentle with yourself through this process

Ready to deepen your practice?

The full "Awaken" course includes:

- ✓ Advanced forgiveness protocols
- ✓ Deep healing practices
- ✓ Daily quantum energy work
- ✓ And so much more!

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*Congratulations for
finishing this
workbook!*

You are Incredible , Keep Going!

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