

## CLEARING AND FORGIVENESS EXERCISE

When you were growing up what were the messages you were taught or that you absorbed about career and work?

How did these messages become beliefs and end up shaping your life? Did you end up aligning with these messages and following them in your own life? Did you rebel against them and take a different path?

Is there a prevailing person or experience in your life that you've found yourself trying to gain the approval of or live up to?

In what ways has this affected you? Especially around the choices you've made in your work and career life?

What are the beliefs you've adopted around money and work?

What are the beliefs you want to let go of? What are the beliefs you choose to release?

What are the beliefs you choose to move forward with to empower you?

When it comes to your work, career, and business up until this point reflect on the following:

- I feel sad because...
- I feel guilty because....
- I feel ashamed because...
- I feel disappointed because...
- I feel frustrated because...
- I feel angry at or that...
- I feel afraid that...
- I feel sorry because...

It's time to forgive ourselves so we can move forward with a clean slate and trust ourselves once again. It's important to recognize these emotions and feelings so we can express them and forgive and release these experiences.

Look at yourself in the mirror and acknowledge that you were doing the best that you could at the time and that you forgive yourself. With all the conditioning you'd experienced and what knowledge and awareness you had you were doing your best. Everything you've experienced and learned has been for your highest good and it is time to forgive yourself, release the past, and

move forward with a clean slate and live in the present moment. Today you are choosing to embrace all that you are and move forward making choices that are in alignment with the life you are now choosing and deciding to live.