

DATE:

# Essential Forgiveness

Fulfilling a Vision

## THE VISION

1. The vision that I see is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. On a scale of 0 to 10 the *clarity* of this vision is about a \_\_\_\_\_
3. On a scale of 0 to 10 the *impulse* to fulfill this vision is about a \_\_\_\_\_

## THE POSITIVE EMOTIONS

4. The *positive* feelings that I feel when I hold this vision are \_\_\_\_\_  
\_\_\_\_\_
5. On a scale of 0 to 10, the intensity of these positive feelings are \_\_\_\_\_
6. The physical sensations that I feel when I feel these feelings are...  
\_\_\_\_\_
7. I would describe my physical posture when I feel these feelings as...  
\_\_\_\_\_
8. I would describe my facial expression as \_\_\_\_\_
9. I tell myself things like \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
10. I imagine things like \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
11. The way I want to act is \_\_\_\_\_  
\_\_\_\_\_
12. The possible difference it could make to me and my life when I accomplish this vision might be \_\_\_\_\_  
\_\_\_\_\_

## THE NEGATIVE EMOTIONS

13. The *negative* feelings that I feel when I hold this vision are \_\_\_\_\_  
\_\_\_\_\_
14. I tell myself things like \_\_\_\_\_  
\_\_\_\_\_
15. I imagine things like \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## UNDOING THE NEGATIVE EMOTIONS

16. Is it *possible* for me to let these feelings go? \_\_\_\_\_
17. Am I *willing* to let these feelings go? \_\_\_\_\_
18. When? \_\_\_\_\_
19. Are these feelings present *in this moment as I write*? \_\_\_\_\_
20. The intensity of these feelings on a scale of 0 to 10 are about a \_\_\_\_\_

## IDENTIFYING WITH THE VISION (from #1)

21. Imagining myself *as* this vision and *already completed* I would say...

"I am the vision of \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_"

## FIRST STEPS

22. The first steps I see in accomplishing this vision are

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

## LISTENING TO MY INNER WISDOM

23. On a scale of 0 to 10 the *clarity* of this vision is now about a \_\_\_\_\_

24. On a scale of 0 to 10 the *impulse* to fulfill this vision is now about a \_\_\_\_\_

25. Is it *possible* to listen to my inner direction? \_\_\_\_\_

26. Am I *willing* to listen to my inner direction? \_\_\_\_\_

27. *Could I* love and accept myself as I am? \_\_\_\_\_

28. What I could be grateful for is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

29. A loving note to myself: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_