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1) This is a practice in releasing negative emotions. This is weeding out of unwanted thorny bushes from your mental-emotional garden. Write out all of your unwanted thoughts, and limiting beliefs. These are likely to be the thoughts you would never speak of, or share with anyone. Be crude, be real, and do not censor yourself. Let it all go. Allow yourself to cry, snot, and release whatever it is you are writing about. Lets remove these weeds from your garden. The act of writing is so powerful. When you are done allow your whole body to shake and release, just like a dog shakes off the water after a swim.

2) Now, take 10 deep breaths. Inhale think “let,” exhale thing “go.” Do you feel lighter? Ponder this: You only exist right now because the universe loves and supports you. Rewrite your story from the perspective of being loved and supported by the universe. Write from the perspective of belonging, and being loved and valued. If you were not loved and supported, you would not exist right now. You are a powerful creator! Use the back of this sheet too. Write your story as you wish to create it. Own your power! Take personal responsibility. After you complete this worksheet, destroy this piece of paper in a safe way.