

Clearing Exercise

WARNING! This is an incredibly powerful exercise to recognize and clear your patterns by making declarations to the universe of what you are letting go!

1) Grab your pen and paper... and ask: "What am I done doing?" at the top of the paper.

Then go on a list rant to answer this question.

For example:

I'm done pleasing people!

I'm done telling people what they want to hear!

I'm done giving and not getting anything back!

I'm done taking care of everyone else, and not myself!

I'm done holding on!

I'm done avoiding love!

I'm done being angry!

I'm done being a victim!

I'm done denying my feelings!

2) Now - Answer: Who am I done being?

I'm done being a people-pleaser.

I'm done being perfect.

Let it rip!!

3) Now - Answer: How am I done acting?

I'm done pretending to like shit I don't like.

I'm done doing a career that doesn't suit me.

I'm done ignoring my feelings.

I'm done ignoring my hurt.

I'm done not taking responsibility for my life.

I'm done letting other people decide what I want.

I'm done being afraid of what other people will think.

I'm done letting my hurt hurt others.

I'm done hanging out with _____.

I'm done putting up with _____.

Just keep going and clearing....

I'm done _____.

4) Finally- DECLARE your requests!!

What I choose more of in life is _____ !

GO NUTS! NO HOLDING BACK! COMMAND THE UNIVERSE!