

**REALITY**

The perceptual output of the human mind.

**REALITY MANAGEMENT**

**Short Form, Future Worksheets To Do**

**FORGIVENESS**

A tool for changing a REALITY in my mind.

1 A. My trigger \_\_\_\_\_ (.\_.) I seem to be upset because my trigger \_\_\_\_\_ (BREATHE).

6. What I really want is (use positive words only) \_\_\_\_\_

9. A. I cancel — let go of — my need (6) \_\_\_\_\_

B. I invite Rukha d' Koodsha to incline me toward healing , restore me to LOVE , assist me in keeping LOVE present  and help in letting go of my painful reality . (BREATHE)

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NOTES TO MYSELF: The above people are the mirrors who have gifted me with opportunities today. If I'm In Pain-I am the one who has healing to do! How does this look like my life?  
 I'm committed to changing the responses in me that are a repeat of the old patterns in my life!

Date \_\_\_\_\_  
**NOTES**