

**REALITY**

The perceptual output of the human mind.

**REALITY MANAGEMENT**

QUICK FORM WORK IT OUT  
FUTURE WORKSHEETS

**FORGIVENESS**

A tool for changing a **REALITY** in my mind.

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

1. My light is trapped by the reality I hold about \_\_\_\_\_ (my trigger). My reality comes from my Mind Energy and is my Respons-ability.
2. I ask that Love be restored to my mind. To collapse my reality, I *LOCATE* and *CANCEL* my need for #1 to \_\_\_\_\_ (my goal).
3. I ask that my True Being, Love, be restored to my awareness! I am willing to have my reality and its effects change. I want to be shown the Truth.
4. My true Source is Love. I Reconnect to that Source, ask to be restored to Love and I restore Love to #1
5. (#1) I offer you \_\_\_\_\_

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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!