

FAST FORM
(Adaptation by Magdalena Preston)

Date _____

Joy Level 0 1 2 3 4 5 6 7 8 9 10

1. I feel _____ and was triggered by _____. (____.)
(person, place, thing, or event)

2. How I see it. (My reality)

3. The thought/s I use to **cause** my feeling about how I see it.

4. How I want it. (My positively stated goal, what I want from my trigger.)

_____ so I can _____

_____ (This may become a secondary or “hydra” worksheet.)

5. I pause, breathe and reconnect to the LOVE that I AM. _____ (I bring awareness of my true Essence and Being forward as I complete this worksheet.)

6. Holding my LOVE filters conscious, active, and present -- I now willingly release, remove, and cancel (Aramaic Forgiveness) how I want it. (Read and cross out each word of the goal in #4.)

7. I breathe and ask Rookha d’Koodsha to show me what I need to know about this issue. (Pause and quietly receive.)

8. I am grateful and ask Source, _____, to help me form a Loving goal that I offer to my trigger and myself. (Reflect on all of the above to determine the best goal.)

I now willingly commit to:

9. I now feel _____

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