

FORGIVENESS JOURNAL (burn or shred after use) (no joke!)

Before using this worksheet, clear with Ho'oponopono :

1. I love you (to God/Divinity) 2. I'm sorry 3. Please forgive me (please help me forgive myself) 4. Thank you.

For my benefit and to free myself from the chains that I put on myself, I now forgive:

NAME:	FOR WHAT:	DATE:
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