

INTRODUCTION

Am I?

What is your main fear, anger, or frustration?

Why is it a fear, anger, or frustration?

IMAGINE

Now imagine a greater future 30 days from now. If everything went right, what would happen?

IMPROVE

What is the emotion/feeling now? Sit with that emotion/feeling.

Which event from the past pops up? (the first thought to enter your mind)

Who were the people involved, including yourself, and what did they do?

Now, it's time to forgive them and yourself. I did everything I could, knowing what I knew then, at that time. Knowing what I know now, what could I have done differently then?

Knowing what I know now, what would I do differently today?

IMPACT

Flip it. Rewrite any negative statements in a positive way, AM I? to I AM. Look for "a-ha" moments.