



CREATING DIVINE MOMENTUM

How to get unstuck and find your flow

DISCOVERY WORKBOOK #1

CreatingDivineMomentum.com | 2020-2021

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DAILY PRACTICE CHECKLIST

S M T W T F S

Essential Oils

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Belly Breathing

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

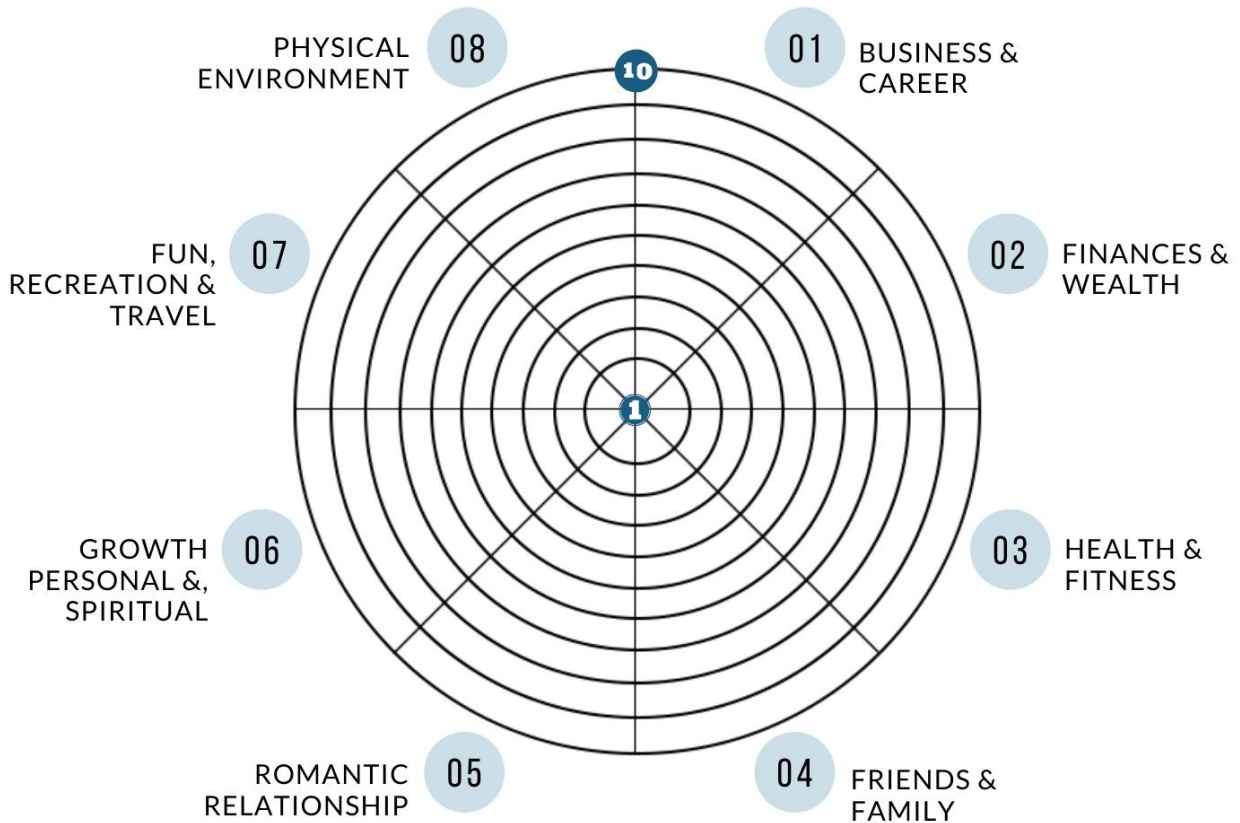
Tapping

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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NOTES

Wheel of Life

How satisfied do you currently feel in your life.



As a starting point for creating balance, happiness and success in your life, the Wheel of Life is the perfect tool to begin your journey. Using this tool, you will be able to reflect and gain some insight into the balance of your life and how satisfied you are in life's different areas.

Following on from this self-reflection, you can utilize this exercise to further delve into why your wheel of life looks the way it does, what you would like your wheel of life to look like, and further into how to make this happen.

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Wheel of Life

Record your satisfaction scores from the previous page below:

<p>01 BUSINESS & CAREER</p> <p>Rating Now:</p> <p>Where I'd like it to be:</p> <p>How I'd like to feel:</p>	<p>02 FINANCES & WEALTH</p> <p>Rating Now:</p> <p>Where I'd like it to be:</p> <p>How I'd like to feel:</p>
<p>03 HEALTH & FITNESS</p> <p>Rating Now:</p> <p>Where I'd like it to be:</p> <p>How I'd like to feel:</p>	<p>04 FRIENDS & FAMILY</p> <p>Rating Now:</p> <p>Where I'd like it to be:</p> <p>How I'd like to feel:</p>
<p>05 ROMANTIC RELATIONSHIP</p> <p>Rating Now:</p> <p>Where I'd like it to be:</p> <p>How I'd like to feel:</p>	<p>06 PERSONAL & SPIRITUAL GROWTH</p> <p>Rating Now:</p> <p>Where I'd like it to be:</p> <p>How I'd like to feel:</p>
<p>07 FUN, RECREATION & TRAVEL</p> <p>Rating Now:</p> <p>Where I'd like it to be:</p> <p>How I'd like to feel:</p>	<p>08 PHYSICAL ENVIRONMENT</p> <p>Rating Now:</p> <p>Where I'd like it to be:</p> <p>How I'd like to feel:</p>

Self-Forgiveness

‘The weak can never forgive. Forgiveness is the attribute of the strong.’
– Mahatma Gandhi

Self-forgiveness is the first step and the foundation of the manifesting journey. A lack of self-forgiveness blocks the capacity for self-love which regulates how much we give and receive. It also provides emotional peace and the freedom to accept who we are unconditionally and completely love ourselves. Self-love is what creates a sense of self-worth and value that makes it easier to receive what we desire.

Self-forgiveness is the tool we use to face what we have done in the past, acknowledge our mistakes, and move on. It does not mean that you condone or excuse what happened. It does not mean that you forget.

What are the benefits of forgiveness?

Letting go of grudges and bitterness can make way for happiness, health and peace.

Forgiveness can lead to:

- Healthier relationships
- Greater spiritual and psychological well-being
- Less anxiety, stress and hostility
- Lower blood pressure
- Fewer symptoms of depression
- Stronger immune system
- Improved heart health
- Higher self-esteem
- Better sex life

Are any of these examples reasons you find it hard to forgive yourself?

- You failed at something really important (relationship, parenthood, job)
- You bullied someone at school
- You dumped someone
- You gossiped or judged someone
- You made someone cry (unintentionally or not)
- You accidentally hurt an animal
- You stole something – no matter how small
- You cheated on a test or a marriage

- You hurt yourself (addiction, injury, suicide attempt)
- You are sick
- You are highly critical of yourself
- You were sexually promiscuous

Benefits of Self-forgiveness

If we are willing to become an apprentice of self-forgiveness, there will likely be even more significant benefits:

- Gives us responsibility and control of our essential worth.
- Confirms our humanity...we all need forgiveness.
- Supports learning how to make mistakes. We no longer have to be perfect.
- Helps to diminish self-righteousness... we make mistakes, too.
- Helps us to become more risk-friendly... it's okay if we make mistakes.
- Supports the deepening of our capacity to learn... I will learn from my mistake.

I Can't Forgive Myself for These Things

Step #1: Make a list below of 10 things you cannot forgive yourself for.

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Step #2: Now, let's pretend this list belongs to your best friend. Put a check by each item you would forgive them for.

Self-Forgiveness Made Easy

Self-forgiveness is a huge part of healing and self-development and manifesting. We avoid it because thinking about the thing to forgive is painful. We don't want to feel the painful feelings or remember the things we did or said that were wrong; the thing that is to be forgiven.

As children we tend to take responsibility for bad events that happen, such as parents divorcing or the death of a family member. Even as adults we can internalize of outside events which can cause unnecessary guilt or shame that can be carried for years. The feelings are always real, even though the circumstances may not be.

WATCH THE VISUALIZATION VIDEO: https://youtu.be/o8bHa_pshWY

INSTRUCTIONS:

Start by choosing a photo of yourself to use for the visualization (**for the first time – USE A PHOTO AT AGE 3 OR 4**) Then repeat this process for places where you have trouble forgiving yourself. If possible, use a photo of yourself at that age.

Imagine a vision of that little-you standing on a stage.

Turn on a spotlight that shines on them. It looks like a beam of golden sunlight and it feels warm as it shines on them.

Now we come back to the adult you. Above your head imagine a large pitcher that is filled with luminescent liquid light and love. Imagine it is filling your entire body as if it were an empty container.

You are now overflowing with this energy and it begins to move over to the stage where that little-you is standing. It begins to fill up your younger self, the same way it just filled you up.

You notice that now she is overflowing with this amazing energy of unconditional love. In that second you are standing face to face with your younger self. As you look in her eyes she begins to speak. She says...

I'M SORRY. PLEASE FORGIVE ME. THANK YOU. I LOVE YOU

As she finishes speaking, you notice a tear running down her cheek. She squeezes your hand. You nod to acknowledge what she has said.

Now you begin to speak to her, saying...

I'M SORRY. PLEASE FORGIVE ME. THANK YOU. I LOVE YOU

As you finish speaking, she hugs you in the tightest embrace. You notice that she begins to melt into you, until she is completely absorbed into you and the healing has begun.

Take a deep breath.

FYI - The words **"I'm Sorry"** as used in this exercise is not to assign blame. It is recognizing and acknowledging that you are human, and as such you will sometimes say and do things unintentionally that others consider being hurtful.

My Discovery – Week One

What did you learn about yourself this week?

What surprised you about this?

What other issues came to your awareness during this week?

Was there a physical or emotional response or sensation during this awareness?

A sheet of white paper with a blue border and 20 horizontal blue lines, resembling a page from a notebook or a form for writing.

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