



## Love-Based Goals Circle with MichelePW Exercise

Theme: \_\_\_\_\_

Related Blocks: \_\_\_\_\_

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### OVERCOMING OBJECTIONS AND MINDSET BLOCKS

#### EXERCISE 1: Breathing

Deep breathing is something you can do whenever you experience uncomfortable or unpleasant emotions. This gives you time to really feel your feelings, and it helps to relax and calm your body.

So for now, I want you to practice deep breathing. Then, whenever you do experience those emotions, you'll be ready to handle them.

Here's how this works:

When a fear-based emotion rears its ugly head (guilt, shame, anger, grief, etc.), rather than going with your first knee-jerk reaction (starting a fight, calling a friend to gossip and/or complain about the situation, sending a very unwise email/posting a very unwise Tweet or Facebook message, pouring a glass of wine, pulling a carton of Rocky Road ice cream out of the freezer, procrastinating, watching cute cat videos on YouTube, buying things you don't need, etc.) you stop.

Just stop.

Close your eyes and breathe into that feeling.

Just feel it. Breathe into it. (And if you're a worrier like me, turn off the story in your head around it and just *feel the feeling* without the mind chatter.)

You might even want to address it, mentally. Acknowledge it. Tell it you know it's there, and you feel it.

The first time you do this, you may find it very unpleasant. But if you keep it up, you'll find that it not only gets easier and easier to do, but that it also helps your blocks and resistances slowly melt away.

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### **EXERCISE: Emotional Freedom Technique (EFT), a.k.a. "Tapping"**

Just like breathing, EFT is a technique you can use when unpleasant or uncomfortable emotions come up. It's scientifically proven to calm the fear center of the brain and to lower the cortisol (stress hormone) levels in the bloodstream.

I'm not an expert on tapping, but there are tons of videos online that demonstrate the technique.

Your exercise here is to go online and watch some of the videos and do some research on tapping. If you feel uncomfortable trying it without more personalized guidance, hire a coach or invest in a training.

Then, give it a try (and yes, it may look funny at first, but it works surprisingly well!). Just like breathing, you can use EFT whenever those blocks pop up.

### **EXERCISE: Byron Katie's "The Work"**

Check out Byron Katie's website at [www.TheWork.com](http://www.TheWork.com).

In a nutshell, "The Work" is an exercise that guides you through questioning the truth of the stories we tell ourselves. I'll give you an example, and I've provided some space below for you to work on this exercise.

Example:

If I make too much money, my spouse will leave me.

You would begin by writing that story—that statement—on a piece of paper, and then, you journal the answers to the following four questions:

1. Is it true? (Yes or no. If no, move to three.)
2. Can you absolutely know that it's true? (Yes or no.)
3. How do you react—what happens—when you believe that thought?
4. Who would you be without the thought?

Then, you turn around the original statement and answer the questions with the turnaround. Sometimes the turnarounds may be silly, but they'll show you how you can reverse the hold your story has on you.

So, in this case, a couple of the turnarounds may be:

1. If I make too much money, my spouse won't leave me.
2. If I make too much money, I may leave my spouse.

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(Note—the turnaround is very important, and you want to turnaround the original question a couple of times like I demonstrated here.)

Your story: \_\_\_\_\_

Is it true? (Yes or no. If it's not, skip the next question) \_\_\_\_\_

Can you absolutely know it's true? (Yes or no.) \_\_\_\_\_

How do you react when you believe this thought? \_\_\_\_\_

Who would you be without the thought? \_\_\_\_\_

How can you turn this story around? \_\_\_\_\_

\_\_\_\_\_

Your story: \_\_\_\_\_

Is it true? (Yes or no. If it's not, skip the next question) \_\_\_\_\_

Can you absolutely know it's true? (Yes or no.) \_\_\_\_\_

How do you react when you believe this thought? \_\_\_\_\_

Who would you be without the thought? \_\_\_\_\_

How can you turn this story around? \_\_\_\_\_

\_\_\_\_\_

Your story: \_\_\_\_\_

Is it true? (Yes or no. If it's not, skip the next question) \_\_\_\_\_

Can you absolutely know it's true? (Yes or no.) \_\_\_\_\_

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Who would you be without the thought? \_\_\_\_\_

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Your story: \_\_\_\_\_

Is it true? (Yes or no. If it's not, skip the next question) \_\_\_\_\_

Can you absolutely know it's true? (Yes or no.) \_\_\_\_\_

How do you react when you believe this thought? \_\_\_\_\_

Who would you be without the thought? \_\_\_\_\_

How can you turn this story around? \_\_\_\_\_

\_\_\_\_\_

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### EXERCISE: Grieve Your Identity

Even if your current identity isn't working for you, you're still going to grieve what you're leaving behind.

Do some journaling around this question:

How am I benefitting from my current identity?

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### EXERCISES: Forgiveness

If you're not where you want to be in terms of achieving your goals, you may experience some fear-based emotions around what you perceive as your "lack of progress." And, you may still harbor some resentment toward other people in your life.

*Forgiving yourself and others gives you a powerful new foundation from which to approach your goal-achievement journey: a foundation of love.*

#### ***The Forgiveness Ritual***

\* Note—This is a deeply personal ritual, and you should feel no obligation to tell anyone, or talk about it at all, if you don't want to.

Start by lighting a candle. This is a ritual, after all. For myself, I light a Mother Mary candle (one of those candles in a tall, glass jar with a picture of Mother Mary on it). Mother Mary is all about compassion and forgiveness (regardless of what faith you follow), so if you're comfortable with it, inviting her energy in can be very healing.

You may also want to play some appropriate music (and by "appropriate," I mean whatever is appropriate for you).

#### ***The Forgiveness Letter***

\* Start by either writing or saying, "I forgive you for X."

\* Then empathize/relate—you can write (or say) something like, "I know you were only doing the best that you could at that time." You may also want to write or say

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something like, "I know you were only trying to protect me," or "I know you weren't trying to hurt me."

\* You may want to keep repeating "I forgive you," until you can actually feel something shift.

Again, depending on how deep the wound, you may not feel like you're doing much of anything but mouthing the words. If you can, I would encourage you to keep writing or talking until you really do feel something like forgiveness. However, there's no right way or wrong way to do this ritual. Whatever you're able to do is perfect. (And there's no reason why you can't repeat this ritual until you feel "complete" with it, so don't worry if it takes a few—or more!—times.)

### ***The Ho'oponopono Ritual***

Ho'oponopono is a Hawaiian practice that consists of picturing the person you're forgiving (and yes, this includes yourself) in your mind, and say the mantra "I'm sorry. Please forgive me. I love you. Thank you."

It doesn't matter the order of the sentences, just repeat the words and direct that energy to the person. You can also do this as a meditation, where you focus on your breaths, and repeat that mantra while picturing the person you're sending the thoughts to.

Repeat for anyone else in your life you need to forgive. (And don't forget yourself.)

If possible, I would finish the ritual with an Epsom salt bath. You could even let the forgiveness letter dissolve in the salt water and be released down the drain. If you can't take a bath (or don't like baths), take a walk or do some yoga or stretching.