

Did you know that now is your time?

Do you believe that? Or are you holding on to something in the past? It's important to learn from the past but holding on just keeps us stuck. What do you need to let go of?

Let me help you start off this year right. Make a list of any grudges or wrongs (imagined or real). *Yes, right now!*

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

(Continued on page 2)



WHAT ARE YOU WAITING FOR?

Write down next to each one how it makes you feel when you think about this item. Doesn't feel very good does it?! This is the time to get these bad feelings out of your life. Now, and this may be the hard part - write down that you forgive this person and then with a big red marker cross out this item. You do NOT have to contact the person but in your heart forgive them. Watch and see how you feel when you've crossed out the 'wrong'. It is SO freeing. When you've completed your sheet burn or shred the paper.

Whenever the thought comes up again about this grudge just say the word 'cancel' either in your mind or out loud and you'll remember that you've forgiven this person and you can move on. Yes, it's your time to move on. Your world is going to be amazingly free now.

After you've done this process your mind and heart will now be open to making incredible goals that you will achieve. Set goals for the next month, the next 6 months, and for the next year. ***Your life will be amazing!***



Elizabeth Hagen is a dynamic and inspiring [female motivational speaker](#), the author of *Organize with Confidence* and offers business coaching services to motivate women to stand out and accelerate their success. You can become more focused and have more momentum, more confidence, and more success. Elizabeth's book "Organize with Confidence!" will change your life and her "Speak Now and Forever Get New Clients Home Study Program" will change your business! Visit www.ElizabethHagen.com and receive her eBook "10 Fearless Lessons Every Woman Must Know" as her gift to you.