

FREE THE PAST

Name of person with whom you are angry: _____

Reason you are angry:

Answer The Three Questions

1. What's the lie?

2. How have you been "that girl" or "that guy" or "that person" before?

3. What do you get, or get out of, by being mad?

Action Steps

With yourself:

With this person:

With others:

FREE GUIDED MEDITATION: kassiunderwood.com/freethefuturemeditation PASSWORD: momentum