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*Enjoy the Life You Want To Live. Your Financial Freedom Starts Now!*

## Exercise 7

- Grab 5 pieces of blank paper, then cut them in half so you have 10 pieces.
- Now start cleaning those files.....

This exercise is going to be hard, probably emotional, and that is fine.. it is time to let go!

- Now, I want you to **really think hard about an experience from your past** that you either did not like, haunts you to this day, worries you or you can't let go of.
- **Write it on one of the pieces of paper large and bold.** Look at this and say to yourself:  
  
**" This is not going to hold me back anymore. I have moved on, I am a better person and no longer will this affect my life".**
- Say it as many times as you need to. Say it loud if you need to. **Then rip that piece of paper to shreds** and **feel really great as you do it...** that part of your life is gone forever.



**You have just started cleaning up.** Keep cleaning until you are happy with files. Now say out loud:

**" I am a confident person who will no longer lives behind anyone's files...**

**I choose to do my own filing!"**

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Keep your list handy. Look at it each day, and say read it each day.