

## POWER TOOLS DÉJÀ VU WORKSHEET

*My brain uses my thoughts, feelings, and beliefs to show me the quality of my energy.*

*As I change my beliefs, I change my experience and the vibrations I send out.*

1a (Who/what) \_\_\_\_\_ triggered my (feelings) of \_\_\_\_\_  
\_\_\_\_\_ when \_\_\_\_\_  
\_\_\_\_\_

1b My thoughts behind this are \_\_\_\_\_

1c. My beliefs behind this are \_\_\_\_\_

2  I take responsibility for my beliefs and the energy they send out.

My false self-beliefs are changeable.

I elevate my vibrations to those of peace, love, joy, and gratitude

I make love the motivation over my beliefs and behaviors

3  I am willing to go through the symptoms of healing

4  I am not upset by this person/interaction but by my own limiting self-beliefs

I let go of my feelings of... [Breathe]  I release my thoughts that... [Breathe]

I let go of my beliefs that... [Breathe]  I acknowledge my unmet needs [Breathe]

5  I am grateful to (1a) \_\_\_\_\_ and to my own thoughts and feelings for showing me what I needed to shift in my own beliefs.

6  I release them now as I no longer resonate with their energy.

7 A loving thought I can think about 1a is \_\_\_\_\_  
\_\_\_\_\_

8 What I really want out of the situation in 1a is \_\_\_\_\_  
\_\_\_\_\_

I vibe this so then let it go. I will be grateful no matter the outcome.

9 My new belief is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_