

Full Moon Gratitude List

Now it is time to replace all that you have just released by making a list of the things in your life that you are grateful for. Finish by burning the list and letting it all go.

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

“Under the glorious Full Moon, I forgive everything, everyone, every experience, every memory of the past or present that needs forgiveness.”

“I know that I am blessed and I live my life within that knowing.”