



## A Nine-Step Archangel Process to Healing Your Heart Worksheet

### Step 1: Awareness

Awareness is the state or ability to perceive, to feel, or to be conscious. Typically you become aware of a challenge, an illness, an emotion, or a desire. You can also have self-awareness. Self-awareness is the ability to perceive one's own existence, traits, feelings, and behaviors. You become aware of your own personality or individuality.

I am aware that the situation/experience that is/has caused me pain/anger/sadness is?

### Step 2: Looking Within

You have to have a willingness to look within and ask for help. Unfortunately, many of us look outside ourselves for answers to our questions. The key is to get in touch with the inner you and acknowledge the intuitive power that you have. Oftentimes, decisions are based from the ego and not the Spirit. By looking within, the path becomes clear and uncluttered.

As I look within and ask for help with this situation my heart guides me to?

### Step 3: Choice

Choice simply means the act of choosing. You always have a choice to react or act. The kind of life you have is the life you choose. In this process, choice is the foundation of change. Sometimes you perceive your choice as a right choice or a wrong choice; but my point is, you always have a choice.

I realize I have a choice in what I do and how I feel about this situation, and today I choose to?



## Invoking The Archangels – A Nine-Step Process to Heal Your Body, Mind, and Soul by Sunny Dawn Johnston

### Step 4: Commitment

The most important single factor in an individual's success is commitment. Commitment ignites action. To commit means to devote yourself to a purpose or cause.

Today I am willing to commit to?

### Step 5: Responsibility

Responsibility means accepting that you and you alone are accountable for your life. There is no one to blame. Being responsible comes with the realization that you are where you are because of your own conduct, beliefs, and behavior. Your choices have created the experiences you are living right now. The good news is that you are responsible for your life. The bad news is that you are responsible for your life.

I am not responsible for anyone but myself, and I know now that my responsibility in this situation is?

### Step 6: Action

Action is the state or process of acting or doing something to achieve a purpose. In this step, you take action, and you invoke the healing energy of the Archangels.

It is time for me to take action by?



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### Step 7: Releasing and Replenishing

Releasing is often defined as an emotional purging. Our emotions, thoughts, and beliefs are contained in our bodies; so learning to release these will help you achieve more peace, happiness, and emotional well-being. Replenishing simply means to fill back up or make complete again. Emotional purging often leaves empty spaces within—and since nature abhors a vacuum, you must fill yourself back up.

I am willing to release \_\_\_\_\_? Now that I have released, I will love myself enough to replenish myself by?

### Step 8: Maintenance

In this case, maintenance means to maintain and protect your own energy and vibration. It is important to protect your energy. If you don't do this, you risk breaking down your own energy resources at all levels: physical, emotional, mental, and spiritual.

I will protect and maintain my own energy consciously and consistently by?

### Step 9: Appreciation

Appreciation is knowing or understanding the value of an experience and is often expressed with feelings of gratitude. In this step, it specifically means to honor an experience with open arms and a healed heart. Oftentimes, once appreciation is experienced, forgiveness follows.

Today I stand in appreciation for?