

Step 2: Go back to your **10 core values** and pick the **top three** that are your unique strengths.

AKA: What do you stand for? What things are you so good at, they drive and motivate your actions?

Example: “What most drives me is: being **compassionate**, finding **hope** and building **trust**.”

These are your spiritual contract;

What you are here to represent as a big part of your purpose.

Step 3: Get three different color markers. Read each of the struggles from the list above, then from your top three words, which emerged through that experience? Draw lines from each value that was acquired through that experience.

Example a: “My daughter was on a heart monitor until she was two and half years old, because she would stop breathing while sleeping. Through that experience, where I was completely terrified and feeling powerless, I learned a great deal of **trust** through leaning on my faith and finding my voice for advocacy.”

Example b: “I experience several levels of abuse in childhood and intimate relationships. Through those experiences I learned **compassion/empathy** to viscerally understand others struggles. I learned where to find **hope**, as well as, how to build and gain **trust**.”

You see, each of these experienced were actually necessary for shaping your character and preparing you to live out your purpose fully, by giving you spiritual workouts. I cannot really understand something unless I experience it. So, in order to be passionate about building trust in relationships I had to learn what it was like NOT to have it.

Does that make sense?

Your list should have a bunch of lines pointing to each value, color coded. For instance, if trust was red, then anything that challenged trust issues would be red, and so on.

Back to forgiveness work... *These players were NOT “out to get me,” they are actually an integral part to connecting me with my purpose.*

Step 4: Using your list, pick a few that are similar experiences (notice the themes in your life) and write statements like the examples above.

Example: “In order for me to truly understand trust, I have experienced betrayal in many of my close relationships.”

Step 5: What release statements: Go through each statement, spend a moment in transforming those experiences from being terrible to necessary and hold your attributes, gifts and talents with gratitude. Then, release the person or people who were involved in your learning process, as well as releasing yourself from these contracts.

Example: I am grateful for (person's name) _____, for helping to teach me trust. I bless and release (person's name) from this contract.

Even if you feel like you are repeating similar exercises, this is really powerful and worth doing.