

**THE BLESSINGS ALREADY ARE
WEBCAST CLASS
November 21, 2005**

Partner Exercise

- a) Describe an area of your life where you are having difficulty or where you feel challenged.
- b) Take a moment to consider that this difficulty may be a blessing in disguise. Can you see a blessing in this situation? (If not, discuss where you might look for a blessing in this circumstance).
- c) What lesson is the situation bringing to you?
- d) Now close your eyes. Take a deep breath. Let go and relax. Take a moment to silently bless this situation and the lesson it is bringing you. Also forgive yourself or anyone else that you have judged because of this situation.

I forgive myself for judging _____.