



Ho'oponopono

Use the 4 steps of the Hawaiian Ho'oponopono prayer to forgive, release and heal yourself of any difficult experiences or memories you might have

1. I forgive..... (myself, another person, the circumstances etc)
2. I'm sorry.....(to myself, for my actions, to the other person etc)
3. Thank you...(for the experience, for the learning etc)
4. I love...(myself, the person, I tried etc)

Use the space below or a notebook to journal your thoughts.....

A spiral-bound notebook with a yellow cover and lined pages, shown from a side-on perspective. The notebook is open, revealing several pages with light blue horizontal ruling. The spiral binding is on the left side, and the pages are slightly curved, giving it a three-dimensional appearance.