

## Letter to the Universe

Dear Universe, .....

1. State the Complaint.
2. Write all the negative thoughts you have around this.
3. Describe all the emotions that come up connected with this topic.
4. What physical sensations are associated with this issue?
5. What is the worst possible scenario if this pattern/issue continues, and then what's even worst?
6. What's the best possible scenario you could imagine in this area to resolve this issue?
7. What is the difference between these two answers?
8. Change this sentence into a positive affirmation in the present and write twenty times before you go to sleep.