

## BEINGTRIBAL WISH PAPER EXERCISE:



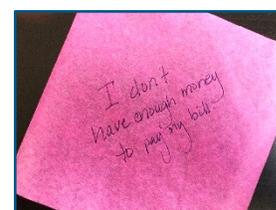
In our BeingTribal practice, we use wish paper to release old deprecating thoughts. What I refer to as our Top-40 playlist of messages that we hear in our thoughts that can hold us back from our greatness. You can order wish paper online or buy BeingTribal wish paper on our website: [beingtribal.com](http://beingtribal.com)

Take out a piece of your wish paper and write a thought or belief you have had that is a barrier to you reaching your goals.

Example: "I don't have enough money to pay my bills"

On a separate piece of paper that you will keep, write down an affirmation that is the opposite of your negative sentence.

Example: "Money comes to me easily and often"



Next, post your positive statement in a place that you will see often. Add it to your list of affirmations. Add it to your vision board. Write it in your journal.



Finally, take your wish paper containing your negative thought and follow these steps.

1. I like to crumple my wish paper (this step is optional).
2. Smooth out your paper and roll it around your finger to form it in a circle. This will allow it to stand by itself.
3. This next step should be done outside. Light your wish paper on fire. It will burn quickly into ash as it floats to the sky. As it floats away, say out loud, "I release you!" Feel the loss of that burden and the hope of how your life will begin to change as you refocus on your future.



This is a great exercise to do with your tribe. Have each of your tribal members bring their wish paper with them outside so you can see them virtually release these negative thoughts.

I have done this exercise to release old memories as well as transitions in my life. I hope you have as much enjoyment out of this exercise as I have. It has been representative of meaningful change in my life.

 Caution: Please keep away from drafts. Not for children unless accompanied by an adult.

