



# The Grace Process®

with Dr. Lori Leyden

Heart ♥ Healing ♥ Humanity

## Transforming Crises into Miracles with The Grace Process® WORKSHEET

This worksheet will help you prepare for our calls, allow you to take notes during the calls and map your progress for receiving the grace and healing you desire.

**The Grace Process™ Formula:**

**(C) ↔ (-J+F) (GLJW) ↔ GRACE**  
**EGO HEART**

**KEY:**

C = Choice	G = Gratitude
J = Judgment	L = Love
F = Forgiveness	J = Joy
	W = Wonder

### Step #1

Choose what you want to heal or receive. State your intention in one sentence:

I want the freedom from \_\_\_\_\_

So I have the freedom to \_\_\_\_\_

Try to be as specific as possible.

Visualize what it will look like and feel like when you have your freedom to...

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You can choose to work with the same intention for as long as it takes to receive what you desire. You may feel the need to adjust/modify as you notice any shifts or new insights.

## Step #2

List any judgments you may have about receiving the healing you desire. This includes judgments you have about yourself, another, the circumstances you find yourself in and/or the Divine.

Judgments of myself

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Judgments of others

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Judgments of circumstances I find myself in

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Judgments of the Divine

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## Step #3

List any forgiveness that might be needed related to receiving the healing you desire. This includes forgiveness needed for yourself, another, the circumstances you find yourself in and/or the Divine.

Forgiveness of myself

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Forgiveness of others

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Forgiveness of circumstances I find myself in

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Forgiveness of the Divine

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### Step #4

Make a list of all the things you have to be grateful for. Notice what you notice in your mind and body while you are doing this. How does it feel to do a “rage of gratitude?” What else arises when you do this. Can you feel the energy of gratitude expanding to love, the energies of gratitude and love expanding to the energies of joy, and the energies of gratitude, love, and joy lifting to wonder?

- |           |           |           |
|-----------|-----------|-----------|
| 1. _____  | 18. _____ | 35. _____ |
| 2. _____  | 19. _____ | 36. _____ |
| 3. _____  | 20. _____ | 37. _____ |
| 4. _____  | 21. _____ | 38. _____ |
| 5. _____  | 22. _____ | 39. _____ |
| 6. _____  | 23. _____ | 40. _____ |
| 7. _____  | 24. _____ | 41. _____ |
| 8. _____  | 25. _____ | 42. _____ |
| 9. _____  | 26. _____ | 43. _____ |
| 10. _____ | 27. _____ | 44. _____ |
| 11. _____ | 28. _____ | 45. _____ |
| 12. _____ | 29. _____ | 46. _____ |
| 13. _____ | 30. _____ | 47. _____ |
| 14. _____ | 31. _____ | 48. _____ |
| 15. _____ | 32. _____ | 49. _____ |
| 16. _____ | 33. _____ | 50. _____ |
| 17. _____ | 34. _____ |           |

How does it feel to do a “rage of gratitude?” What else arises when you do this. Can you feel the energy of gratitude expanding to love, the energies of gratitude and love expanding to the energies of joy, and the energies of gratitude, love, and joy lifting to wonder?

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**Step #5**

Now take a moment – perhaps 3–5 minutes – to find something to be in wonder about. It can be absolutely anything. Once you choose something, imagine that you are experiencing this thing you choose to be in wonder about as if for the first time. Use a childlike innocence to reflect on this. What do you notice in your mind and body?

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As you allow yourself to be in wonder, what is possible from this place? What insights arise?

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**Step #6**

Do a Grace Process Meditation. What wisdom did you hear from your heart? What shifts or insights may be unfolding about the healing you are seeking?

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