WELCOME TO

Let Go, Forgive, and Set Yourself Free!

WITH DARIAN SLAYTON FLEMING, LCSW,
CERTIFIED HAPPINESS TRAINER

DISCLAIMER

- Does not subscribe to the medical model
- This is not therapy – no diagnosing in the workshop
- Self-help focus workshop
- Consult Workshop Facilitators for Therapy Referrals

EMBRACE

HAPPINESS

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LEARN KEY CONCEPTS

- ✓The Science of Happiness
- ✓Letting Go of Energy That Doesn't Serve You
- ✓What Forgiveness Is and Is Not
- ✓Living At Ease
- ✓Have fun!

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FORGIVE

Forgiveness is an emotion-focused coping strategy that can reduce health risks and promote health resilience.

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FORGIVENESS DOES NOT MEAN:

Condoning the action

Forgetting or Overlooking the Action

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FORGIVENESS DOES MEAN:

Forgiving Yourself

Forgiving Another Person

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PRACTICE FORGIVENESS

Ho'oponopono Practice:

- ❑ I'm Sorry.
- ❑ Please Forgive Me.
- ❑ Thank You.
- ❑ I Love You.

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FORGIVENESS PROCESS

Forgiveness grows as you

feel more compassion

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FORGIVENESS MEDITATION

Release:

1. Resentment
2. Guilt
3. Shame

Experience inner peace and well-being

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Worthington, E. L., & Scherer, M. (2004)

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FORGIVENESS

Sentence Completion Exercise

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LOOK FOR THE LESSON AND THE GIFT

Let’s do another interactive exercise together.

Write it down in your preferred format or make mental notes.

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THE SECRET FORMULA

Intention + Attention – No Tension
= Flow and Happiness

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PRACTICAL APPLICATIONS

- ❑ Daily affirmations
- ❑ Declarations of intention
- ❑ Relaxation exercises
- ❑ Mindfulness practices

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KEY TAKE-AWAY

Happiness is cultivated from the inside out.

It grows when you decide (intention), focus (attention), and trust (no tension).

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HEART HABIT 2
PRACTICE FORGIVENESS

"Forgiveness is not an occasional act. It is a constant attitude."

- Dr. Martin Luther King -

DEDICATED TIME

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CELEBRATE

In closing…

Thank you for making space for experiencing challenges and wins with me today

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