

# The Game of Life for the 21st Century Worksheet

## Module 17 – Chapter: Casting the Burden – Today’s Burden Energy

What are you trying to manifest that keeps stalling? What burdens are you carrying that are blocking you from being, doing and/or having what you want? Unforgiveness? Anger? Resentment? Worry? Are you willing to release the human need to hold on to these energy burdens and use your tools to create a new standard pattern of behavior that supports you to create and live your happiest, most magnificent life?

*When I looked at what I want to manifest that isn't happening, I discovered the burden of this resistance energy:*

*I anchor that I'm willing to release the need to hold on to this burden energy and used these tools to shift my energy to be absolutely free:*