

# GET COMPLETE, FREE & REAL “CLARITY DECLARATION”

## WORKSHEET

### Redefining Completion

Conventional wisdom tells us that time heals all wounds. **Nothing could be further from the truth.** You may be physically apart and separated from people from your past -- like exes or other romantic relationships but emotionally it's a different story. You can still find yourself “incomplete.”

And these incompletions are devastating given you want to find your soulmate so they must be cleared and handled. NOW.

How much inner space do you think you need to welcome true love?

**If you guessed 100%, you'd be right!**

Emotionally we are often romanticizing the past and feeling regretful and maybe even wishing you were back together.

The Solution? **Getting Complete!** Doing so and choosing it powerfully and from a rational and reality based mindset gives you a tremendous sense of emotional freedom and creates the inner space you need in order to welcome new love into your life.

Is Getting Free From The Past By Getting Complete a passive or active experience? It's active!

Choosing is powerful and is high vibration and “in the driver's seat” energy.

**You can have your  
incompletions and fantasy  
thinking about the past OR  
you can have your soulmate  
who offers you everything,  
but you can't have both.**



## Step 1 | Identify the people you aren't complete with using our Meet to Marry New Definition of Completion.

People you are not “complete with” are the people that you still think about, with whom you hold regrets, sadness or even anger toward. They are people you sometimes hope will come back into your life or that you may fantasize about returning to when you are lonely or tired. When you think about them, you might feel “if only I’d been different or had done something different, then it would have gone differently.”

**Realize this: If the relationship was meant to work out, it would have. That is reality.**

**Choose to give up the “should have’s”, “could have’s” and “if only’s” These are childhood (family of origin) ways of thinking.”**

Based on the NEW definition, make a list of the people you are “not complete” with? Note that as you do this process, you may think of more people to add to the list.

1. 

---
2. 

---
3. 

---
4. 

---
5. 

---
6. 

---
7. 

---
8. 

---
9. 

---
10. 

---



## Step 2 | Write a Get Complete, Free & Real “Clarity Declaration” to yourself about each person you are “not complete with.”

### WORKSHEET

**Acknowledge the time you spent together and express what you learned from it.**

Even terrible situations offer a perspective for growth. Acknowledge how everything that transpired in this relationship was a learning experience.

**Next express all of the things that didn't work in the relationship.** Identify and make a list of all the things that were missing for you in the relationship and each aspect that didn't work. Don't hold back.

**How it felt.** For each item that didn't work, write down how it felt emotionally to not receive what you needed and wanted.

**How you wanted to feel.** Then, write down what you wished you received in the relationship and how you wanted to feel instead of how you actually felt.

**Why you really need(ed) whatever was missing.** Your feelings matter, what you want matters. Write down specifically why you want and need what was missing.

### FOR EXAMPLE

- | What didn't work for me was how you were very critical and demanding.
- | It made me feel unloved, misunderstood, hurt and confused and alone.
- | What I needed and wanted was your encouragement, to feel heard, supported, to feel loved and a deep connection.
- | I needed that because I'm a sensitive person and I felt criticized by my mother as a child.

Do this for each aspect of the relationship that didn't work. This document and this experience is for you only.



***Get Complete, Free & Real" Clarity Declaration" | Person #1***

Name of person

What didn't work?

How it felt to be treated that way

How I wanted to feel

Why I needed that to be met



***Get Complete, Free & Real" Clarity Declaration" | Person #2***

Name of person

What didn't work?

How it felt to be treated that way

How I wanted to feel

Why I needed that to be met



***Get Complete, Free & Real" Clarity Declaration" | Person #3***

Name of person

What didn't work?

How it felt to be treated that way

How I wanted to feel

Why I needed that to be met



***Get Complete, Free & Real" Clarity Declaration" | Person #4***

Name of person

What didn't work?

How it felt to be treated that way

How I wanted to feel

Why I needed that to be met



***Get Complete, Free & Real" Clarity Declaration" | Person #5***

Name of person

What didn't work?

How it felt to be treated that way

How I wanted to feel

Why I needed that to be met





**Get Complete, Free & Real" Clarity Declaration" | Person #5**

Name of person

What didn't work?

How it felt to be treated that way

How I wanted to feel

Why I needed that to be met



Feel free to add to continue this process if you think of more people you're not complete with.

### Step 3 | Next, sit with the feelings associated with what was missing.

Really see it. The impact of it. How it really felt. Notice what it cost you then and what it's costing you now to be thinking about someone who didn't offer you what you wanted and needed the most!

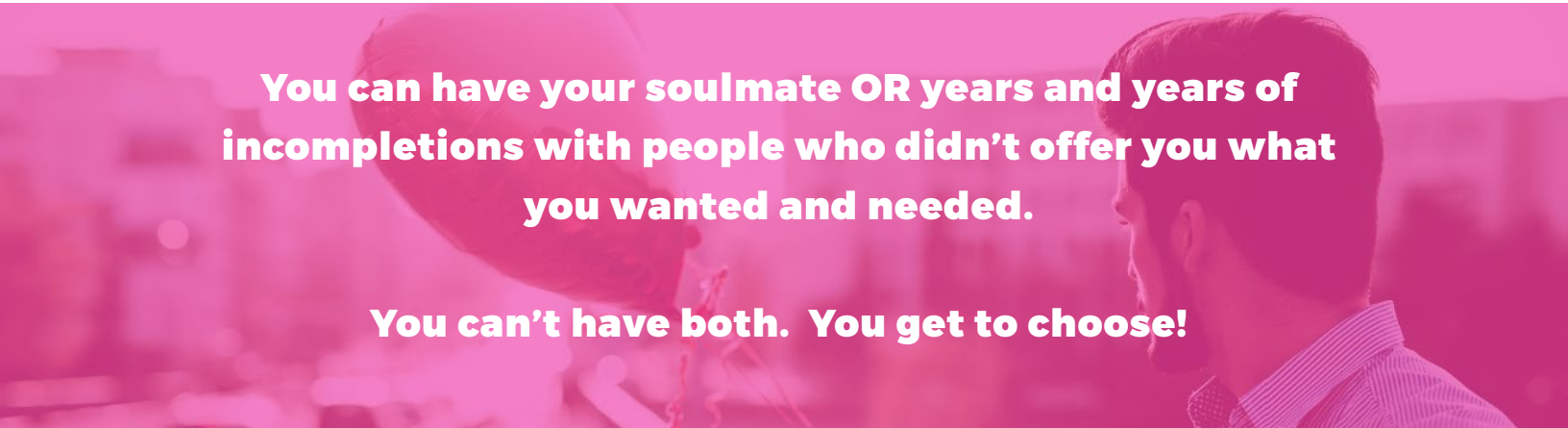
What is it costing you to think about **"only the good things"** and being in regret and in fantasy about something that didn't work and caused you pain.



### Step 4 | Visualize the door to this part of your past closing.

Then start absorbing the new healthy perspective that "I've lived, I've loved, and I've learned." Imagine closure from thinking about this person, freedom from being stuck in the past and wondering and questioning your choices, acceptance that you did the best you could, forgiveness for any judgment, suffering, regret, upset and criticism of yourself, and offer up unconditional love for the human being that you are.

**Get connected to how unproductive and wrong it is for you to be suffering over a situation with someone who absolutely wasn't your soulmate and definitely wasn't the one. It's pointless and closes off your future.**



**You can have your soulmate OR years and years of incompletions with people who didn't offer you what you wanted and needed.**

**You can't have both. You get to choose!**

*You deserve to have your soulmate and that person is waiting on the other side of being stuck in regret over the past.*



There's no need to actually contact the person unless it's someone you are in touch with. If you are in touch, let the person know you have moved on fully (and you mean it) and there's no reason to be in touch.

You can see by now that being incomplete isn't serving you. If the person is someone you co-parent with, the act of choosing to be complete is the same. You can still be in touch with your ex for the sake of your children without any suffering at all.

**To Thyself Be True.** Your truth is you are inviting in your soulmate. The past is gone. There's no future in it. You can tear up the document, burn it, or whatever you need to do in order to feel complete.

Some do a completion party, or a ceremony with friends or alone or with their accountability partner. It's so freeing to choose to be complete.

### Let's Write

How does it feel to have written the Get Complete, Free & Real Clarity Declaration(s)? Now when you think about each person what has changed?

