Redikall®

Hidden Promise Liberation Worksheet

Name the promise made in pain that your subconscious may still be obeying - then begin the Redikall 11-day liberation practice.

What if that one moment became an invisible block?

The reel points to the way pain can become a silent promise: money not flowing, love feeling unsafe, helplessness lingering, grief becoming a vow, or a childhood decision still running today. Use this worksheet to pause, identify the pattern, and choose liberation without forcing or judging yourself.

Your practice promise

Complete this worksheet once. Then recite the Redikall statements 11 times for 11 days and track what shifts in your body, choices, money, love, success, and freedom.

MY NAME

DATE

THE PATTERN I WANT TO UNDERSTAND

This is a spiritual reflection worksheet. It is not medical, mental health, legal, or financial advice. Pause if you feel overwhelmed and seek appropriate support.

STEP 1

Start with safety, not force

Before you look for the hidden promise, create an inner environment where your system does not need to defend itself. You are not blaming the past. You are noticing what once protected you - and gently releasing the need to obey it now.

Pause

Take one breath and let the body arrive.

Notice

Let the strongest sensation become information.

Support

Choose a support before going deeper.

TODAY I AM WILLING TO SEE...

SAFETY LEVEL NOW (0-10)

SUPPORT IF EMOTION RISES

- [ ] I can pause, breathe, drink water, step away, or ask for support if this feels too intense.

WHAT I AM FEELING AFTER WATCHING THE REEL OR READING THE PROMPT

THE WORD THAT FEELS SAFEST TO BEGIN WITH TODAY

STEP 2

Pattern inventory

Use this page to pick the places where the hidden promise may still be operating. Do not overthink the choices. Tick anything that creates a body signal, a repeated life pattern, a quiet contraction, or the feeling of: why is this still happening?

How to choose your boxes

Choose every area that has charge, even if it seems unrelated. The same old promise can appear as money not flowing, love feeling unsafe, grief, fear of being left, pressure to stay loyal, or a sense that shining is dangerous. After ticking, circle your top 1-3 strongest areas in your mind and write one below.

- ☐ **Trust**
  I keep people at a distance.
- ☐ **Receiving help**
  I must handle it alone.
- ☐ **Being seen / shining**
  Visibility feels unsafe.
- ☐ **Money flow**
  Money is not flowing freely.
- ☐ **Success / leadership**
  Growth may cost connection.
- ☐ **Love / marriage**
  Closeness feels risky.
- ☐ **Grief / loss**
  They will not be there.
- ☐ **Family loyalty**
  Choosing me feels like betrayal.
- ☐ **Choosing myself**
  My needs come last.
- ☐ **Leaving / being left**
  Change feels like abandonment.
- ☐ **Voice / truth**
  Speaking up has consequences.
- ☐ **Rest / freedom**
  Ease feels undeserved.

THE PATTERN I AM READY TO LOOK AT TODAY

WHERE I NOTICE IT MOST IN LIFE, BODY, MONEY, LOVE OR CHOICES

STEP 3

Name the hidden promise

A hidden promise often begins as protection. It may sound absolute: I will never trust again. I will never need anyone. I will never shine too much. I will never leave the people I love. I will never choose myself.

Complete this sentence gently

Because that happened, a part of me decided...

THE HIDDEN PROMISE I MAY HAVE MADE IN PAIN

THIS PROMISE WAS TRYING TO PROTECT ME FROM

THE COST OF OBEYING THIS PROMISE TODAY

WHAT I NO LONGER NEED TO PROVE, CARRY OR REPEAT

THE LIBERATED CHOICE I AM WILLING TO PRACTICE NOW

STEP 4

Use the Redikall statements

Recite each statement 11 times for 11 days. Let the words move through the body rather than forcing an outcome. The wording below is preserved exactly.

Redikall Statements

PROMISES

- I BRE infinity the promises made in the past
- I BRE infinity the learning behind the promises made in the past
- I BRE infinity my need to transform and transcend my promises.

OATHS AND VOWS

- I BRE infinity my oaths and vows made in the past .
- I BRE infinity the learnings behind the oaths and vows made in the past
- I BRE infinity my need to transform and transcend my oaths and vows.

COMMITMENTS

- I BRE infinity the commitments made in the past
- I BRE infinity the learning behind the commitments made in the past
- I BRE infinity my need to transform and transcend my commitments.

LIBERATION

- I BRE infinity Liberation

Liberation block

After reciting, pause. Liberation may feel subtle: a softer breath, less charge, a clearer next step, or one new choice where the old promise used to take over.

☐ I recited the statements 11 times today.

BEFORE RECITING - EMOTION/BODY SENSATION

AFTER RECITING, I NOTICE

ENERGY WORD I CHOOSE NOW

STEP 5

Track the 11-day liberation practice

Use this page to notice change without chasing perfection. A tiny shift counts: less charge, more breath, a softer body, a new boundary, or one aligned action.

Day	Done	Issue	Before 0-10	After 0-10	Shift note
Example	☐	Money not flowing / fear of being seen	8	5	Body softer; asked for support instead of hiding.
1	☐				
2	☐				
3	☐				
4	☐				
5	☐				
6	☐				
7	☐				
8	☐				
9	☐				
10	☐				
11	☐				

Use the Issue column for the specific pattern you are working with that day: money not flowing, grief, trust, choosing myself, love, visibility, family loyalty, or any inner sentence that has charge.

STEP 6

Integrate the new choice

After 11 days, return to the original promise and notice what is different. Integration is the moment the worksheet becomes a choice in real life.

THE BIGGEST SHIFT I NOTICED ACROSS THE 11 DAYS

THE OLD PROMISE HAS LESS POWER WHEN I REMEMBER

ONE NEW BOUNDARY, REQUEST OR CHOICE I WILL PRACTICE

ONE ALIGNED ACTION I CAN TAKE WITHIN 24 HOURS

THE SUPPORT I AM WILLING TO RECEIVE NOW

Your liberation reminder

I can honor what protected me without letting it run my future.

Ready to work on deeper issues?

Some hidden promises, oaths, vows, commitments, grief patterns, and subconscious blocks sit deeper than a worksheet can hold. For guided support, book a Redikall session here:
https://www.isolvelife.com/schedule-session