

Gratitude & Forgiveness recommended content

In this Module we went over why & how to Forgive. Specifically forgiveness with boundaries:

Reminders:

- Journal your feelings down as you are feeling them. Allow your feelings and emotions to come up; feel them, honor them, and allow them to be released with understanding and gratitude.
- Forgiveness is for YOU, it is not for them
- There are different ways of forgiveness. It is not a “one size, fits all”
- This is YOUR book, you determine what gets written, your pages, your paragraphs, and your chapters. You get to decide what punctuation is appropriate. You get to use the pen, the pencil and the eraser and you get to rewrite as you wish to.
- You get to choose how you feel and what you remember about past relationships, and situations.
- We cannot control the actions of others, but we do get to decide what we believe, how we want to feel, what actions we decide to take, the perspective we choose to look from, and how we move forward (react).
- Never compare your trauma to someone else's trauma.
- Believe in yourself!

Affirmations:

- I am at choice, I decide, I choose. And what I choose is forgiveness, gratitude, and joy! I choose positive abundance in all areas of my life!
- I continue to welcome in the keys that I need to receive in order to unlock the doors to forgiveness, so that I may live a life of abundance!

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Exercise:

- Write down everyone you can think of who you need to forgive
- Write down every situation that you need to forgive yourself for

Box breathing techniques:

- Take a deep breath through your nose, allowing your belly to expand, count 4 seconds
- Hold 4 seconds
- Release your breath through your mouth, allowing your body to relax, count 4 seconds
- Hold 4 seconds

XoXo,
Janelle