

Gratitude & Forgiveness recommended content

- Who are the people in your life that you need to forgive so that you can feel GOOD about the relationship you have with them?
- Can you look from their perspective? Does that make you feel different?
- Do you feel they did the best they could, with what they had?
- Could you have shown up any different?
- What did you learn from this person/situation that you can feel gratitude around?
- If they said something, can you imagine them showing up in a different way? When you imagine that- how does it make you feel?
- What other factors played a role?
 - Mental health
 - Addiction
- Remember, you are at choice here, and this is YOUR story. You get to choose what you want to remember and how you remember it. You choose the characters in your story and what their roles are. You also choose when it's the end of their chapter in your life or if you want them to stay in the book until the last page.
- If we want someone in our life, then we need to find the way to show true forgiveness so that we are not holding grudges, or judgment. It is not fair to them, or to ourselves.
- We must accept people for WHO THEY ARE, not who we want them to be.
- Maybe, there needs to be a different kind of forgiveness? Maybe you can have them in your life in the way that they previously have been? Maybe, it's time to create a new relationship, with boundaries that will help your relationship to feel like a healthy relationship?

At the end of the day, it really is up to you to decide who you want to allow into your life and into your heart. You are at choice for what you give to others, and what you take from others as well.

XoXo,
Janelle