



Forgiveness!

21 Days To Break The
Cycle Of Unresolved
Pain That Is Stealing
Your Joy

Robin Weeks

Introduction

Hello, friend!

Let me ask you a question: Do you tend to dwell on past mistakes or hold grudges when people do something wrong against you? You're not alone if you answered yes but I'd like you to consider how much stress and resentment you'd let out of your life if you chose a path of forgiveness instead.

We're human. It's natural to feel hurt or betrayed when a trusted colleague, family member, or friend betrays us. But think how much freer you'll feel if you choose to forgive those who betray or wrong you.

Understand that forgiveness doesn't always come easily. With this workbook you'll have the basis for a forgiveness ritual that you can spend 10-15 minutes on every day. With enough practice – and enough desire to forgive those on your list – a forgiveness ritual will become easier to work into your daily life. You'll also find that forgiveness comes much easier the more frequently you offer it.

Lastly, it bears repeating that forgiveness does NOT mean you condone any bad behavior of others and you absolutely do not absolve anyone of their responsibility of hurting you. Forgiveness is a process for YOU to move past the hurt feelings and no longer hold any grudges.

Are you ready to get started?



Step One:

What Forgiveness Is & How It's Holding You Back

Your Definition Of Forgiveness

Examine your feelings and ideas about forgiveness.

My Definition of Forgiveness

What do I hope to gain by forgiving others?