



Name _____

Forgiving Myself

We all make mistakes, forgiving yourself helps us to live in the present instead of focusing on the past.

Today I forgive myself for

I decide



PREVIEW

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Next time when I'm in a similar situation I will

Forgiveness Affirmations

I am human and we all make mistakes

I did my best that I could at the time

I forgive myself for the hurt I've caused

I forgive myself for not knowing what I know now

I will treat myself with kindness and compassion

