

FORGIVENESS

Created w/ love + prosperity vibes for you
by Founder of FemCity® Violette de Ayala

WE CAN ONLY MOVE FORWARD TO GREATER OPPORTUNITIES AND LIVING, ONCE WE HAVE FORGIVEN OURSELVES.

- What is the one memory or scenario you play around in your mind that you feel is holding you back from moving forward?
- What ways do you feel bad about this memory or scenario?
- What are three sentences that will illustrate that you aren't to blame, you're not at fault, and this memory or scenario isn't your pain to carry?

- 1.
- 2.
- 3.

ARE THERE ANY OTHER MOMENTS IN YOUR LIFE WHERE YOU FIND YOURSELF SETTING THE BLAME ON A FORMER VERSION OF YOURSELF?

Thinking of what you noted above, list three action steps you need to take on in order to move forward and forgive yourself:

- 1.
- 2.
- 3.

HOMEWORK: Repeat this mantra | *I forgive myself and I did the best that I could at that time with what I had. I forgive myself for trusting others. I forgive myself for taking so long to forgive myself, and I will move forward.*

You are so magical

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