

JOURNAL PROMPTS

Forgiving Yourself

You've forgiven everyone else. Your turn.

Who do I forgive without hesitation, and what would it look like to offer myself the same grace?



What's one thing I can forgive myself for today, before anyone else?



What did my younger self do, even imperfectly, that helped me become who I am?



What do I know now that I couldn't have known then?



What choice have I outgrown, and how can I honor the woman who made it?



What was I facing back then that I don't always give myself credit for?



How would I respond if my best friend told me my story as her own?



Where have I been putting my past self on trial, and what would compassion say instead?



What part of my past self am I ready to welcome back?



Who have I forgiven that hurt me more than I've hurt myself?



Forgiving Yourself

CUT ALONG THE DASHED LINES

NO. 1



Who do I forgive without hesitation? What would it look like to offer myself the same grace?

NO. 2



What's one thing I can forgive myself for today, before anyone else?

NO. 3



What did my younger self do, even imperfectly, that helped me become who I am?

NO. 4



What do I know now that I couldn't have known then?

NO. 5



What choice have I outgrown, and how can I honor the woman who made it?

NO. 6



What was I facing back then that I don't always give myself credit for?

NO. 7



How would I respond if my best friend told me my story as her own?

NO. 8



Where have I been putting my past self on trial, and what would compassion say instead?

NO. 9



What part of my past self am I ready to welcome back?

NO. 10



Who have I forgiven that hurt me more than I've hurt myself?

