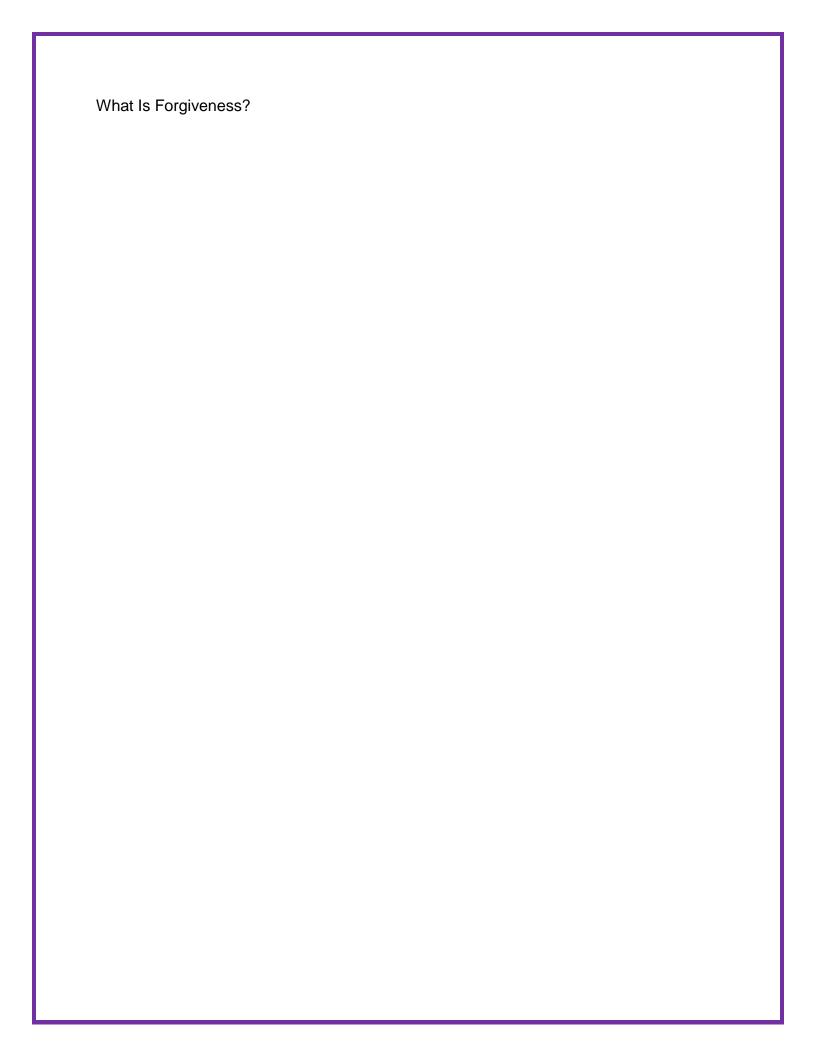
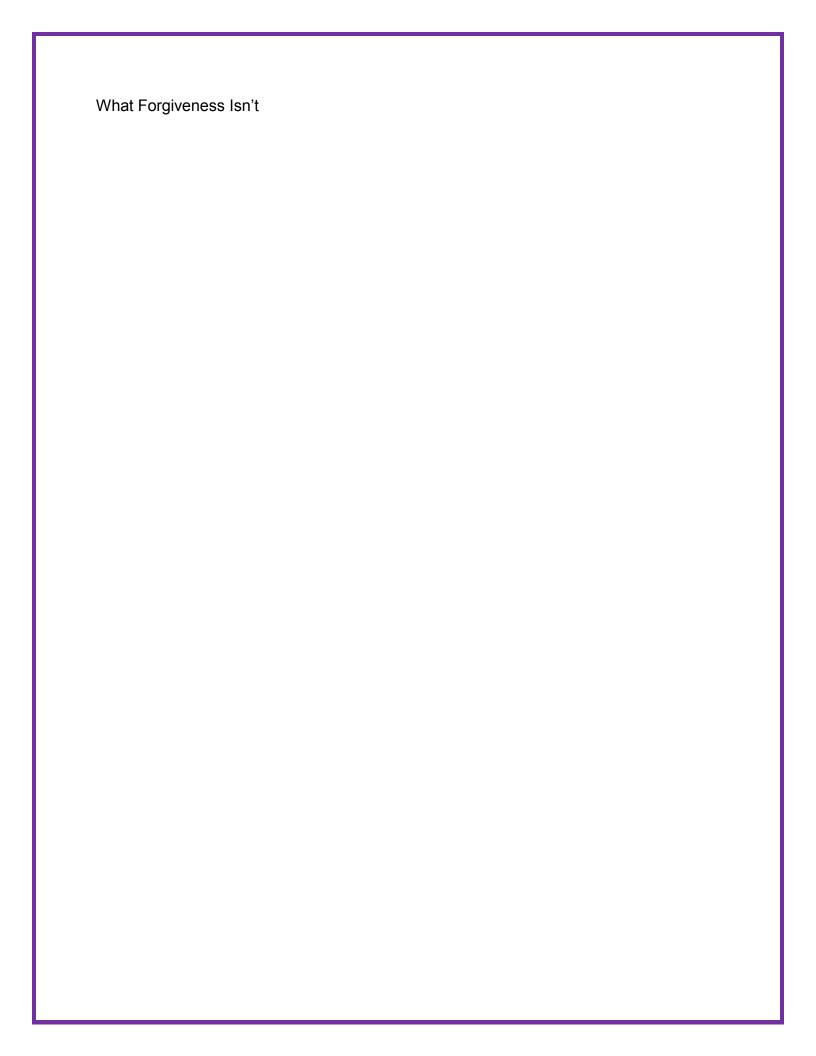
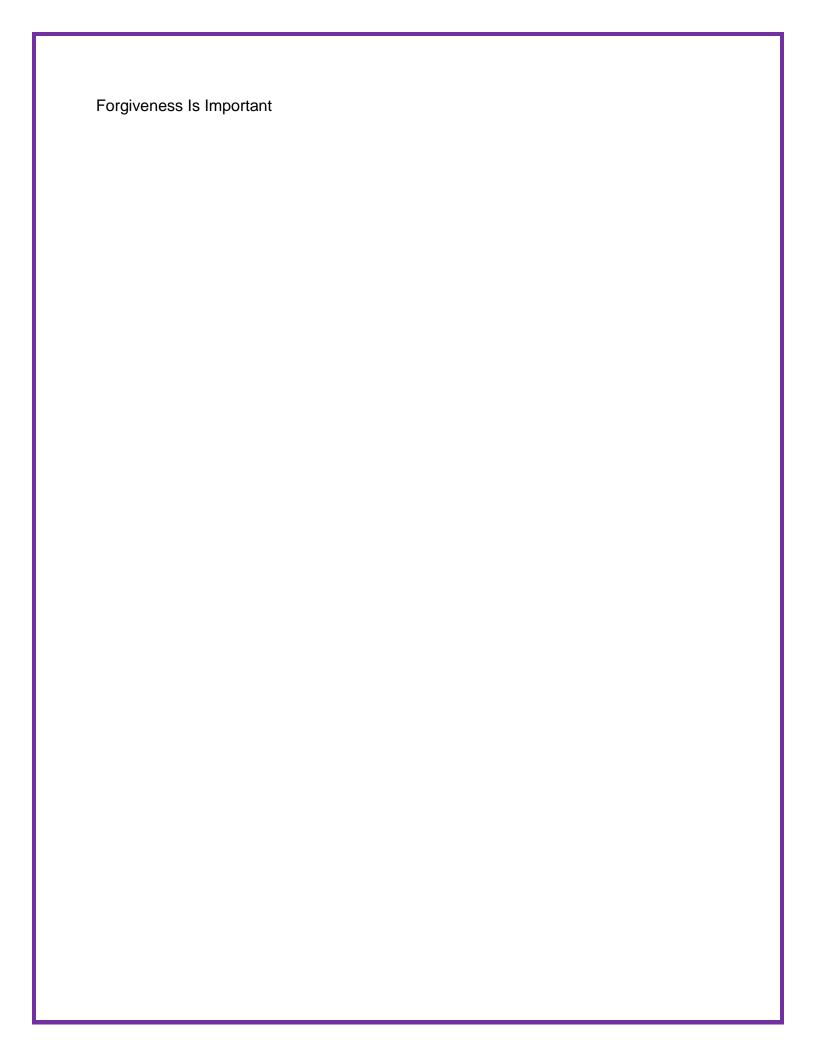
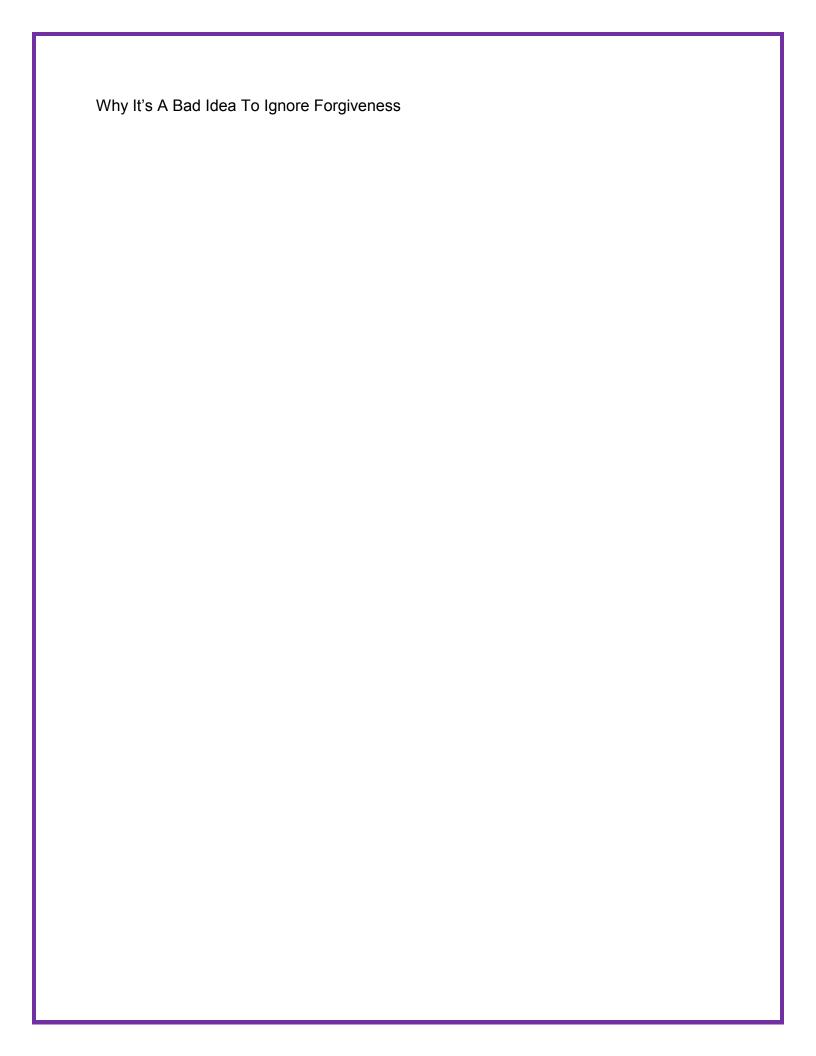
30 Day Forgiveness Challenge Journal						
Use this booklet to journal about each topic covered in your 30 day challenge.						
<b>W</b> elcome, And Why Forgiveness Is A Choice You Make Every Day						





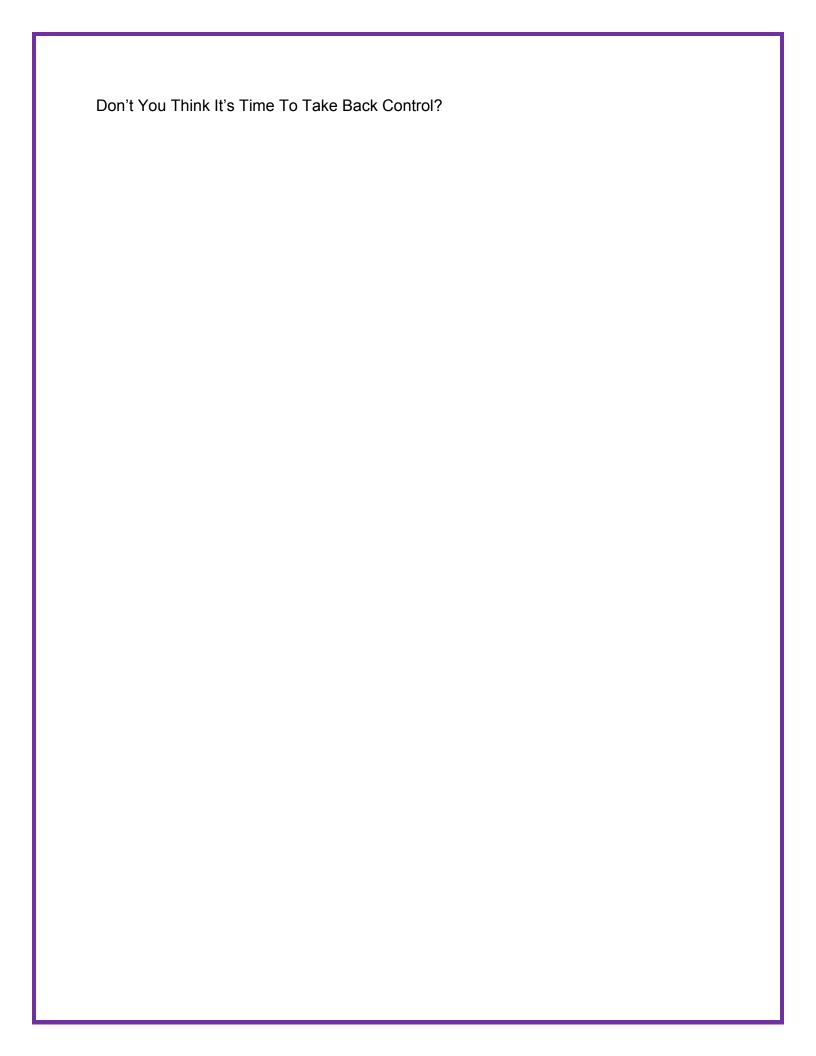


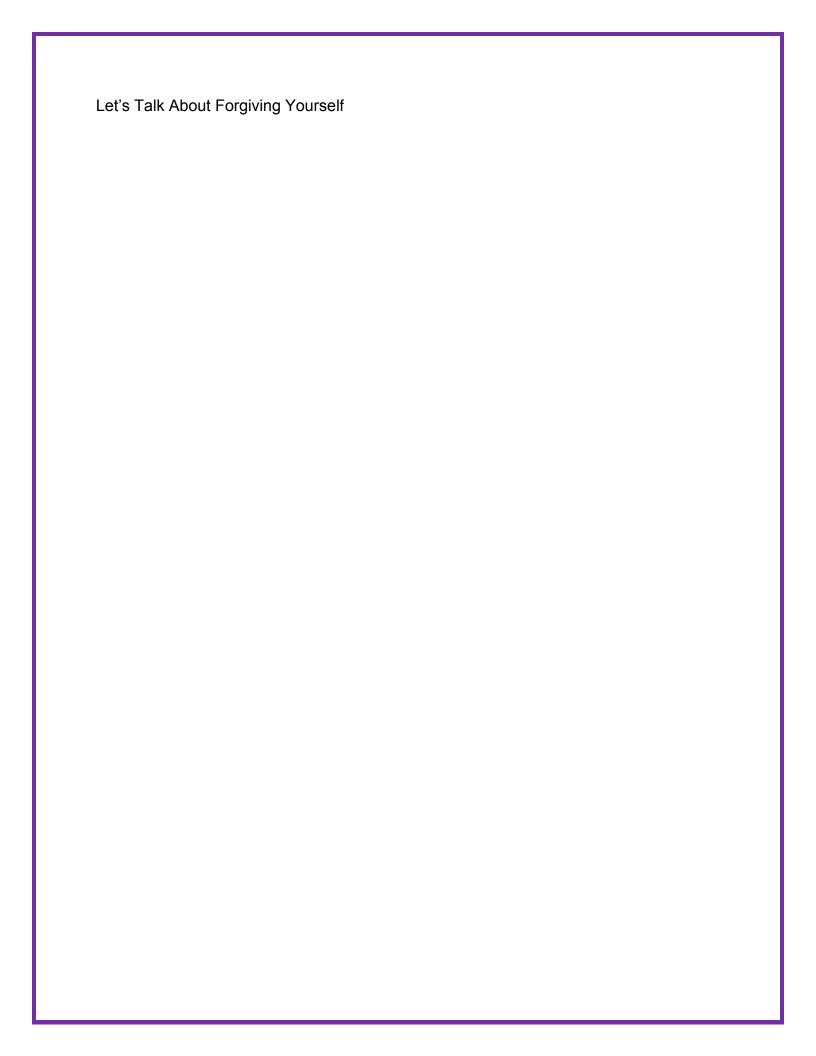


The Connection Between Forgiveness & Depression							

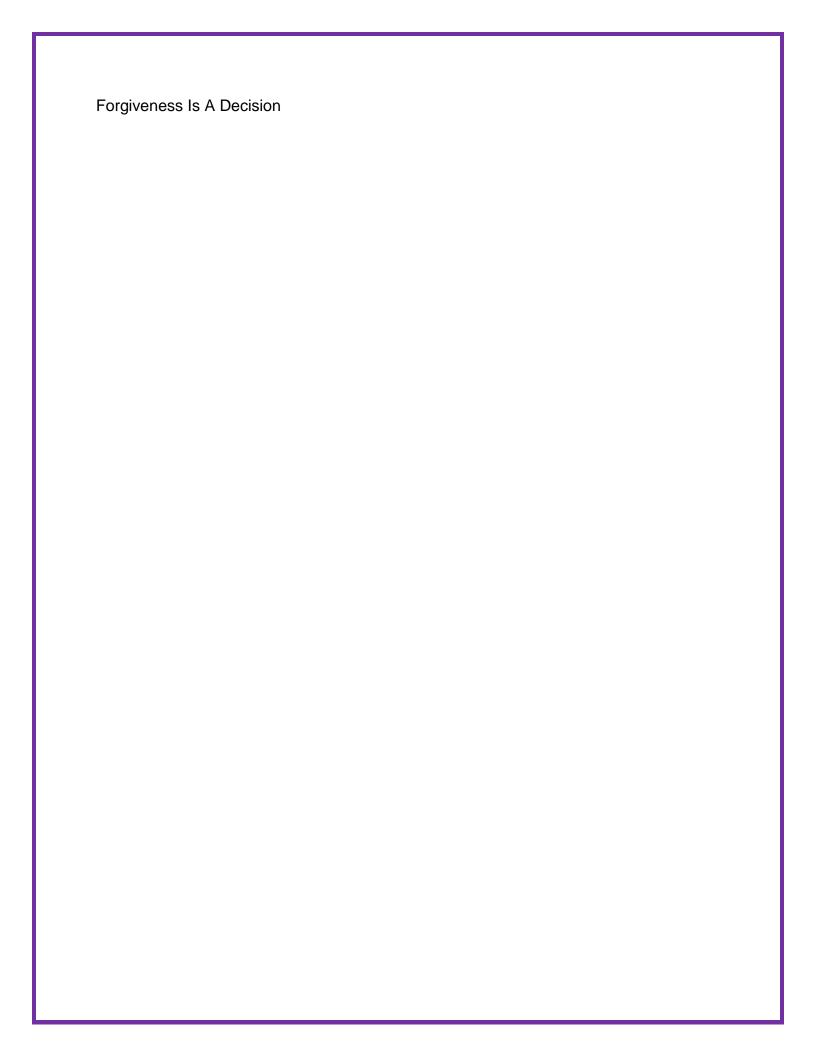
Forgiveness Gives You A False Sense Of Power						

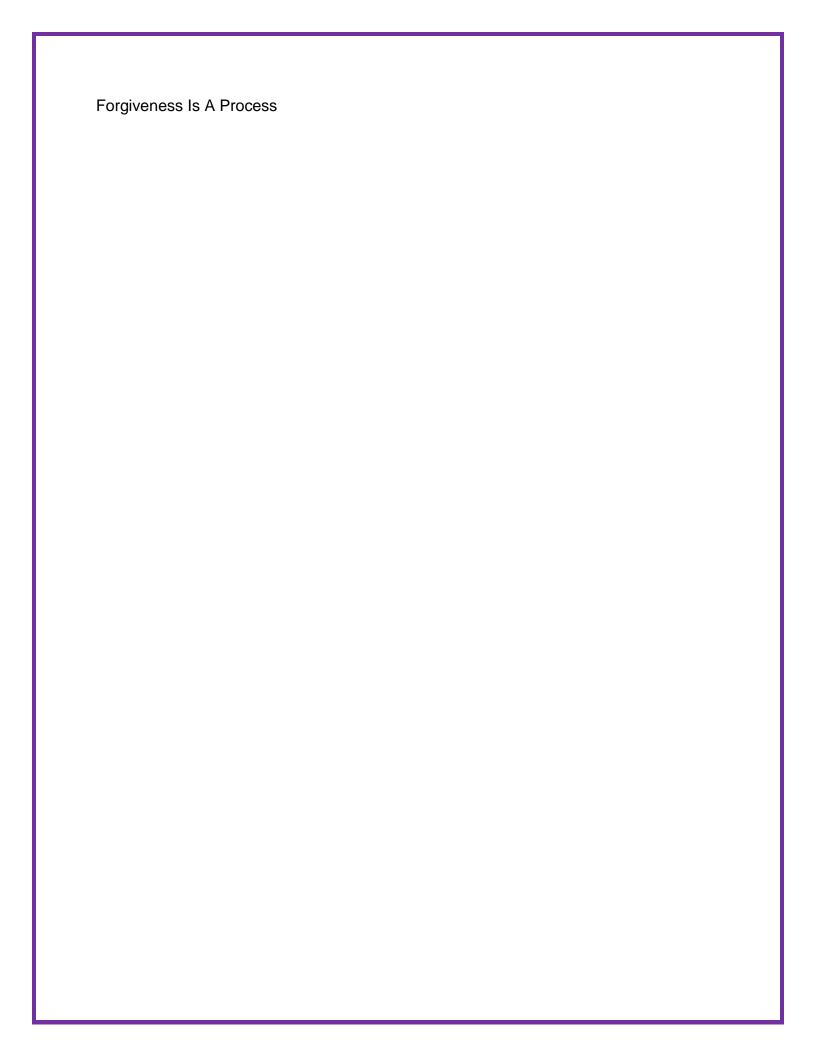
The Freeing Feeling Of Forgiveness	

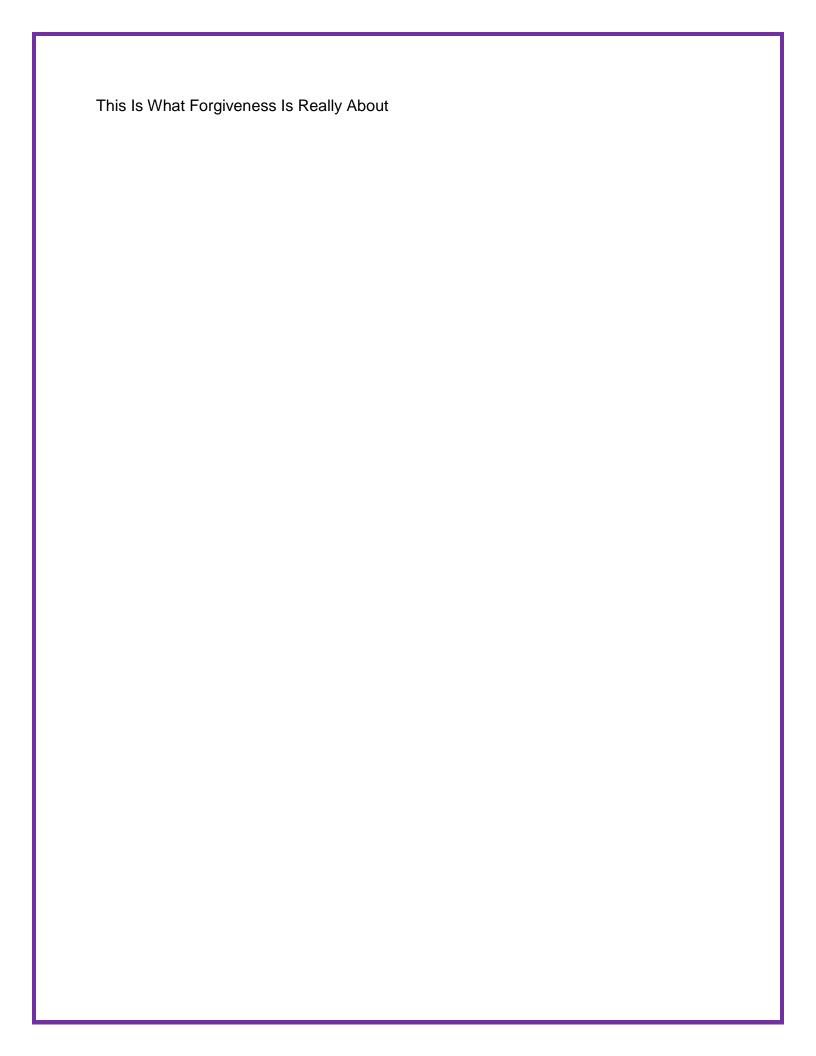




The Pain You Give Can't Cancel Out The Pain You Receive

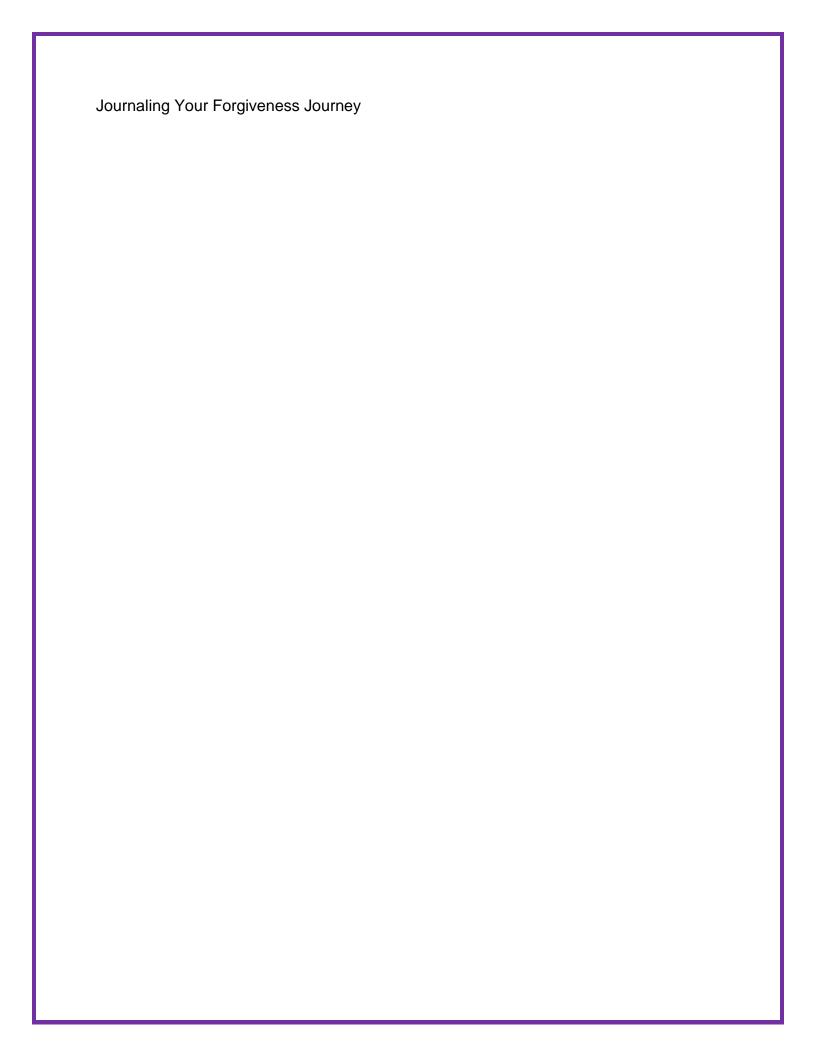


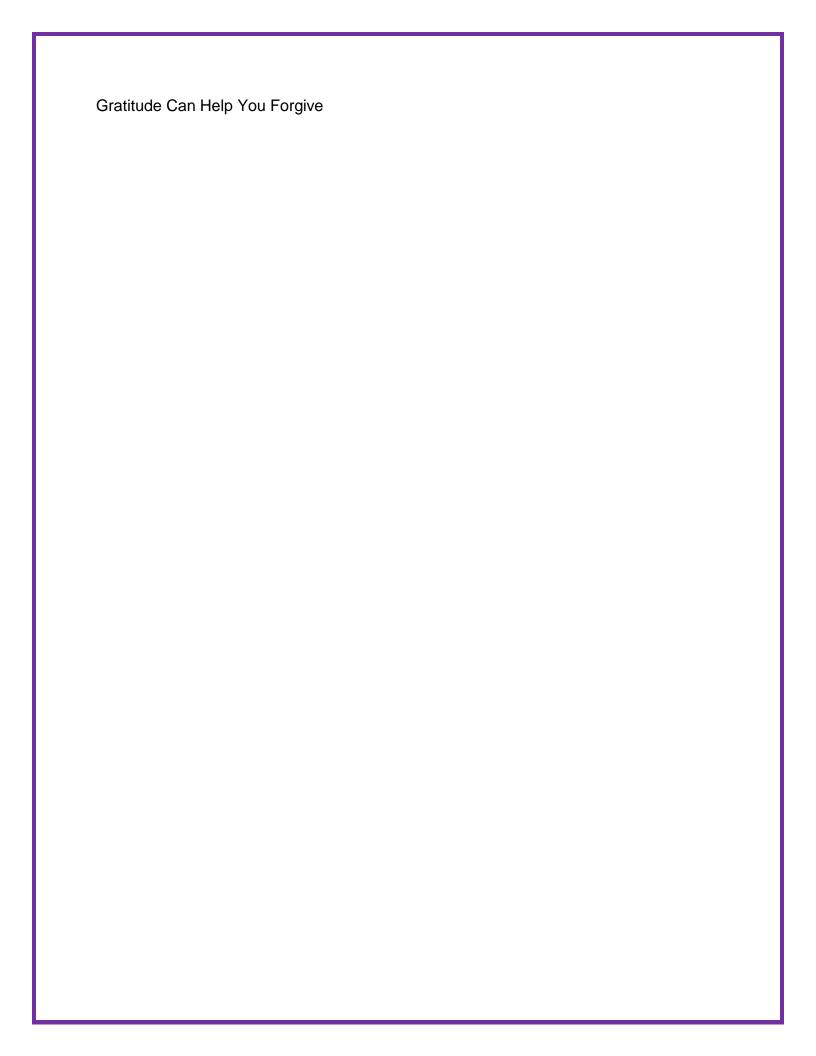


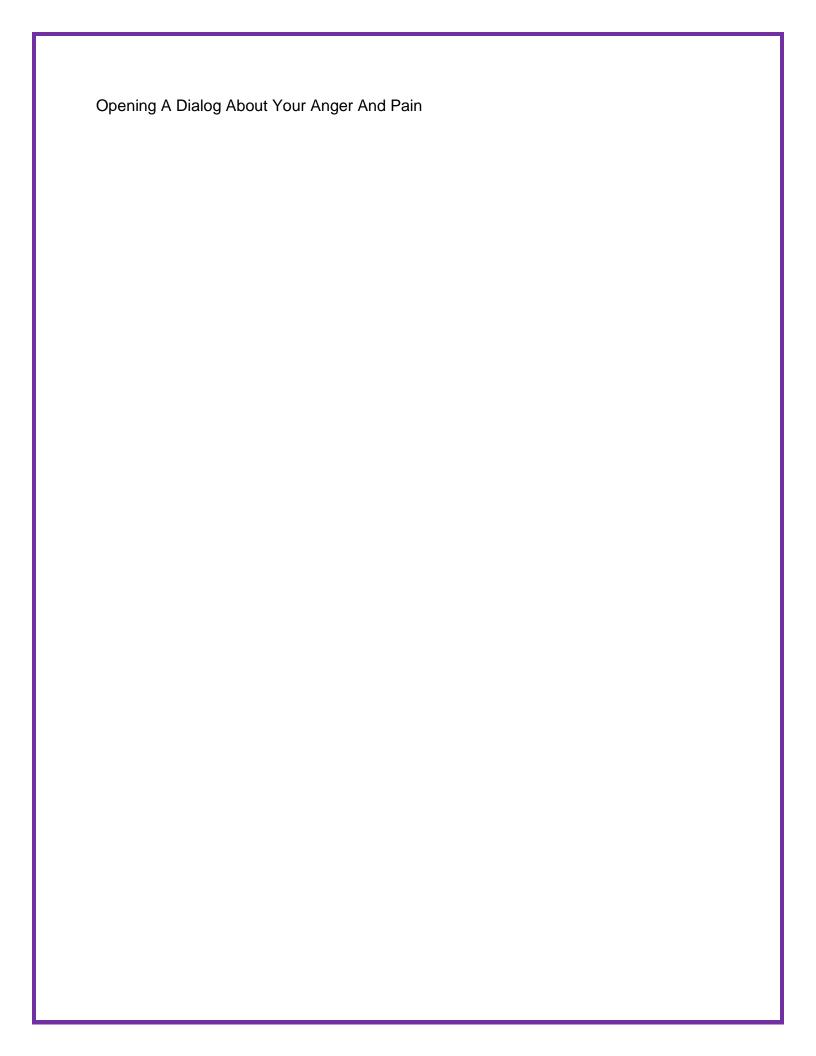


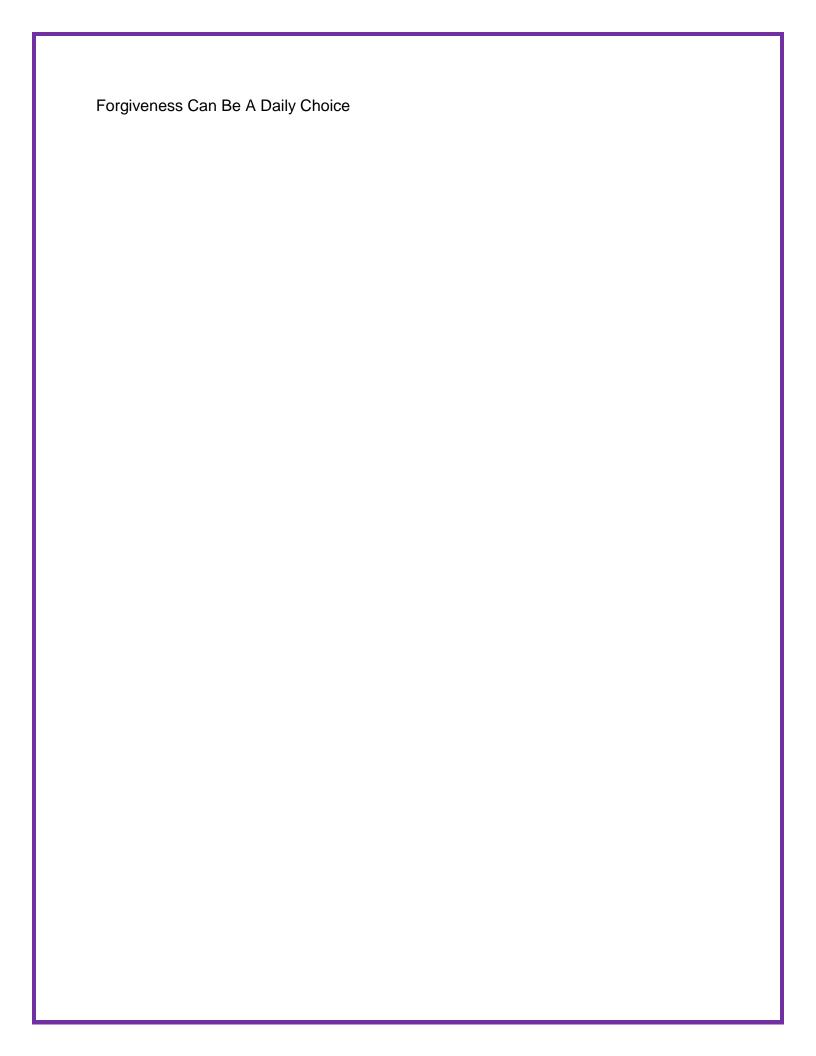
Before You Can Let Go Of The Hurt, You Have To Face It						

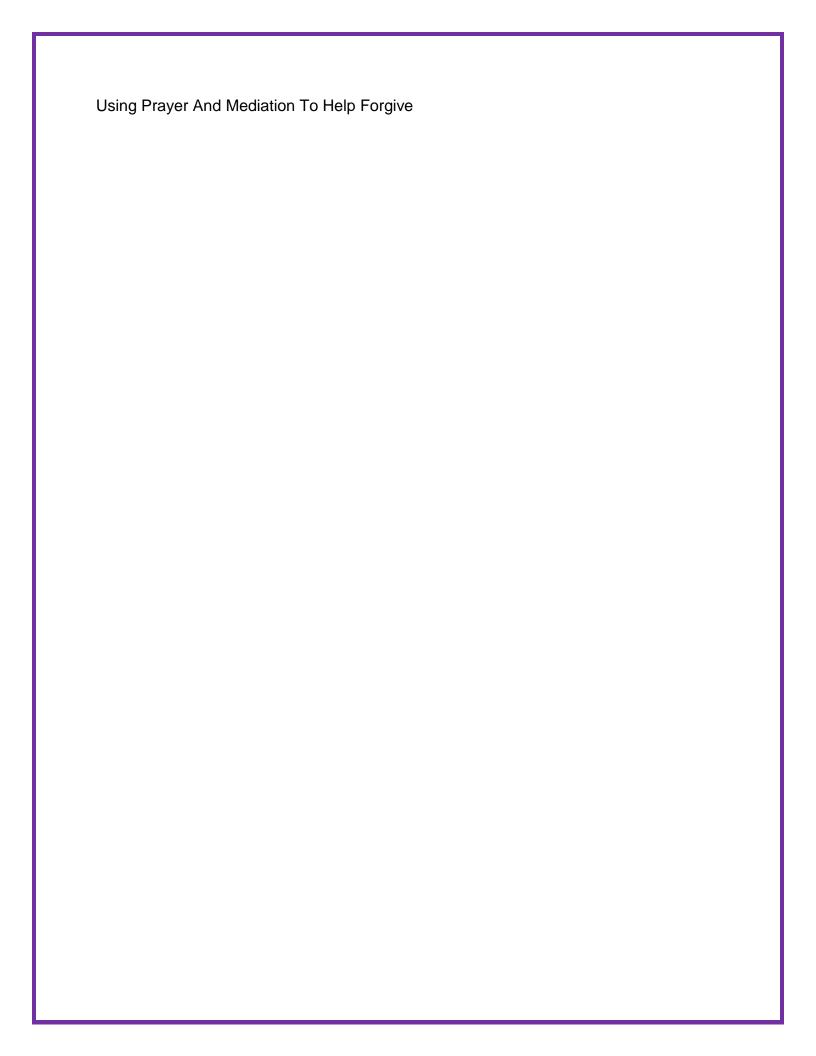
Starting The Process Of Forgiveness	

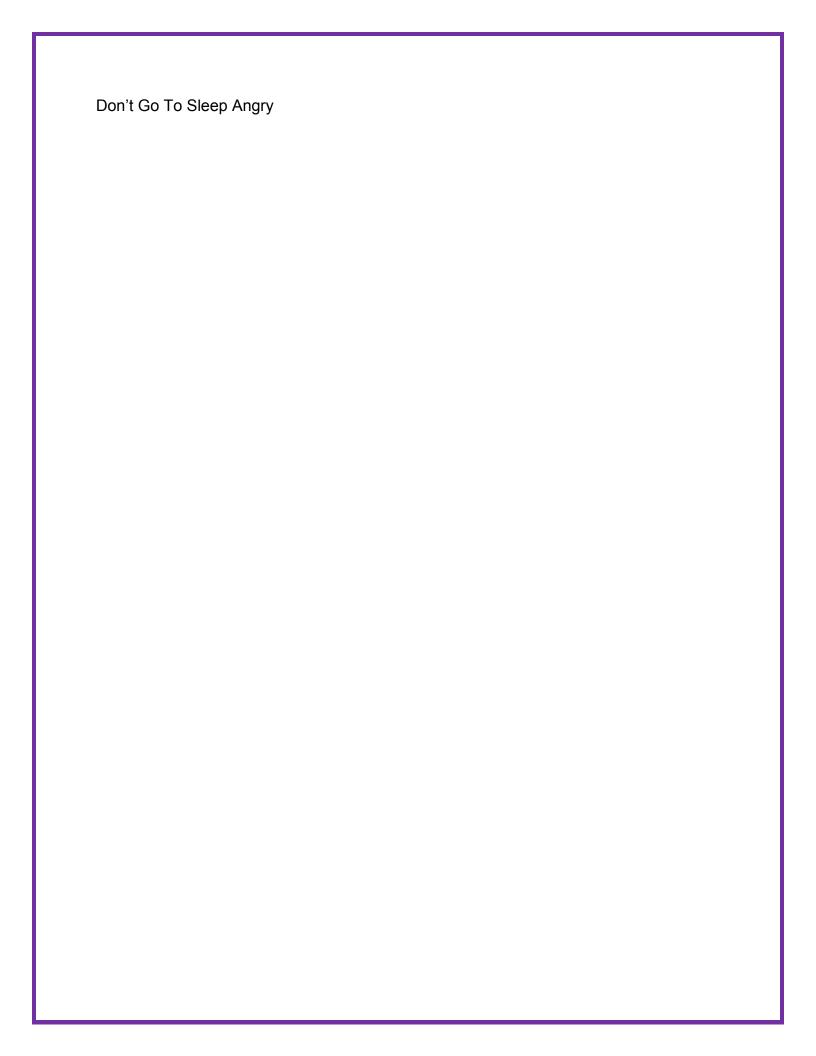


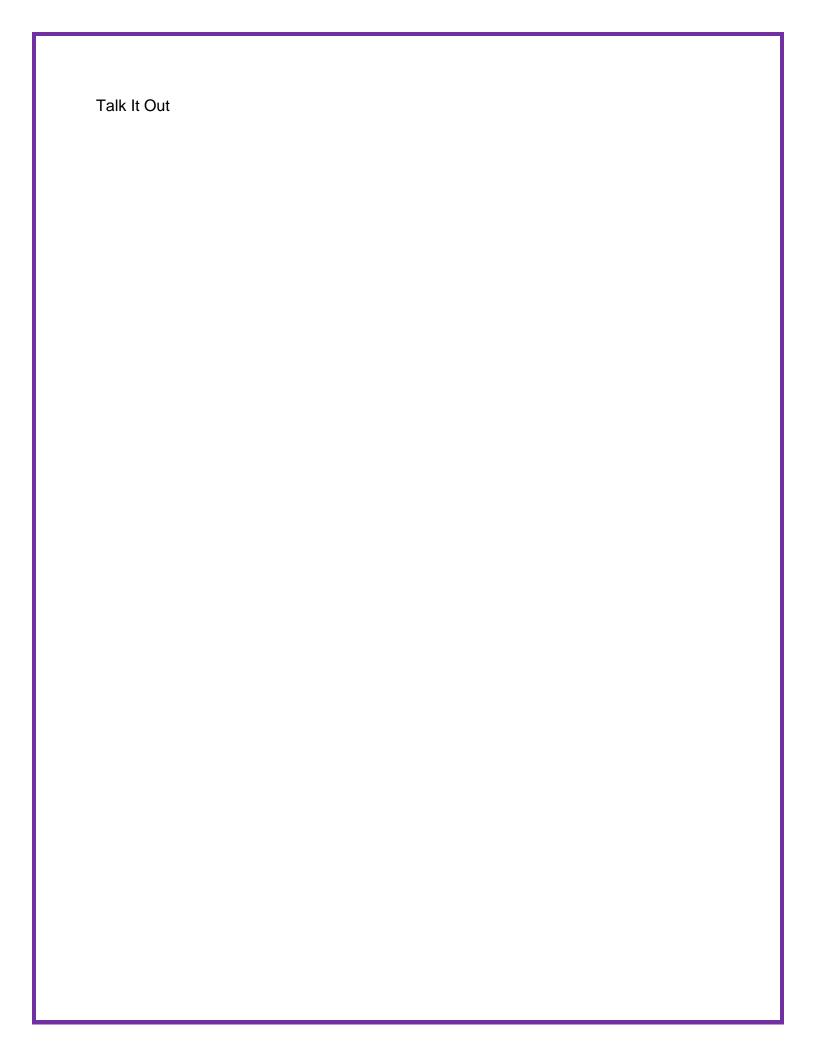


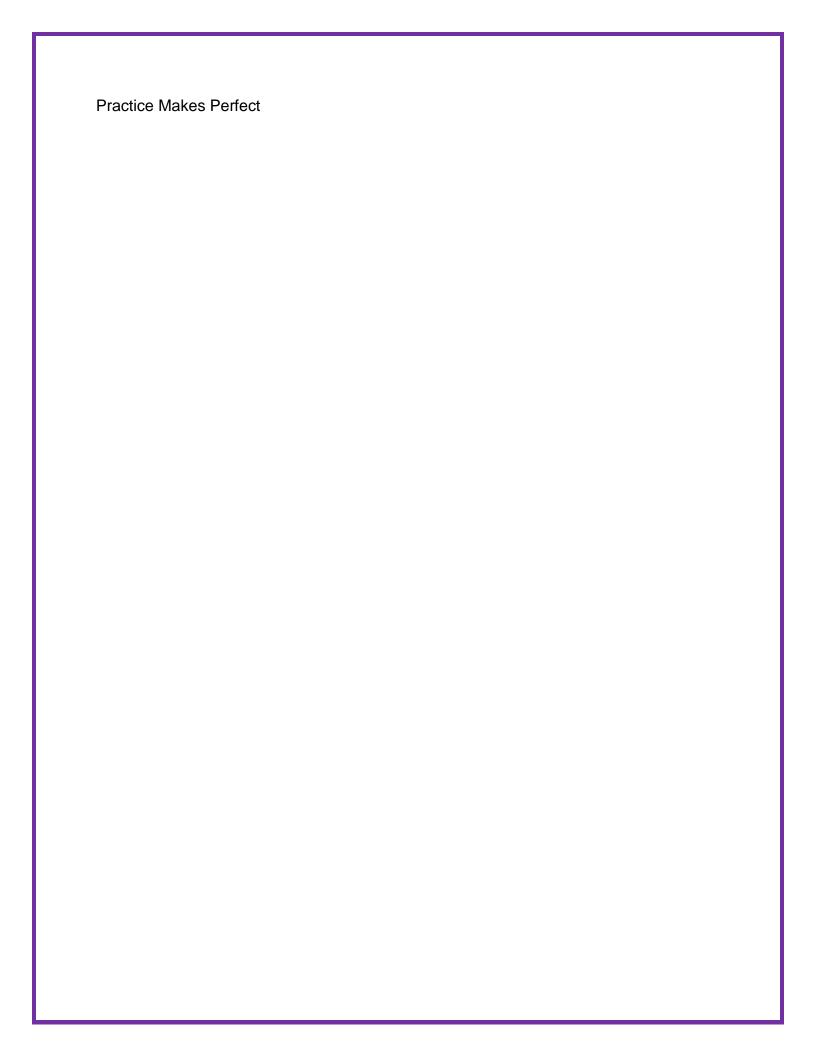


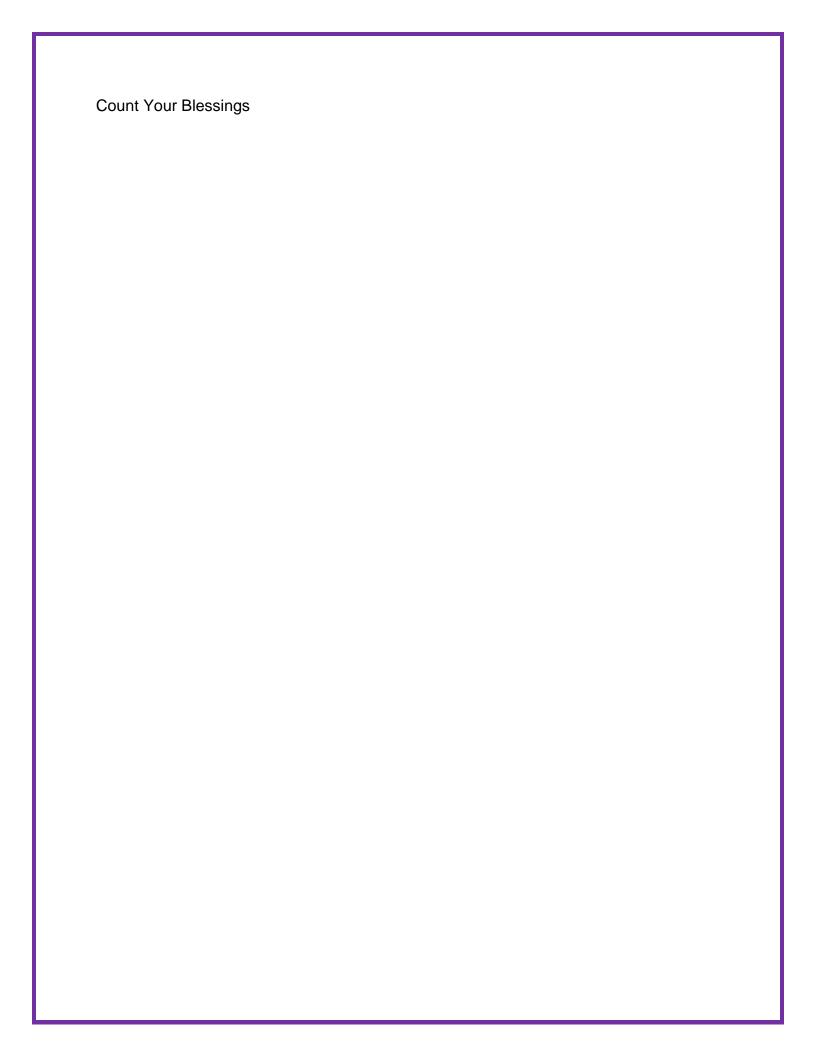


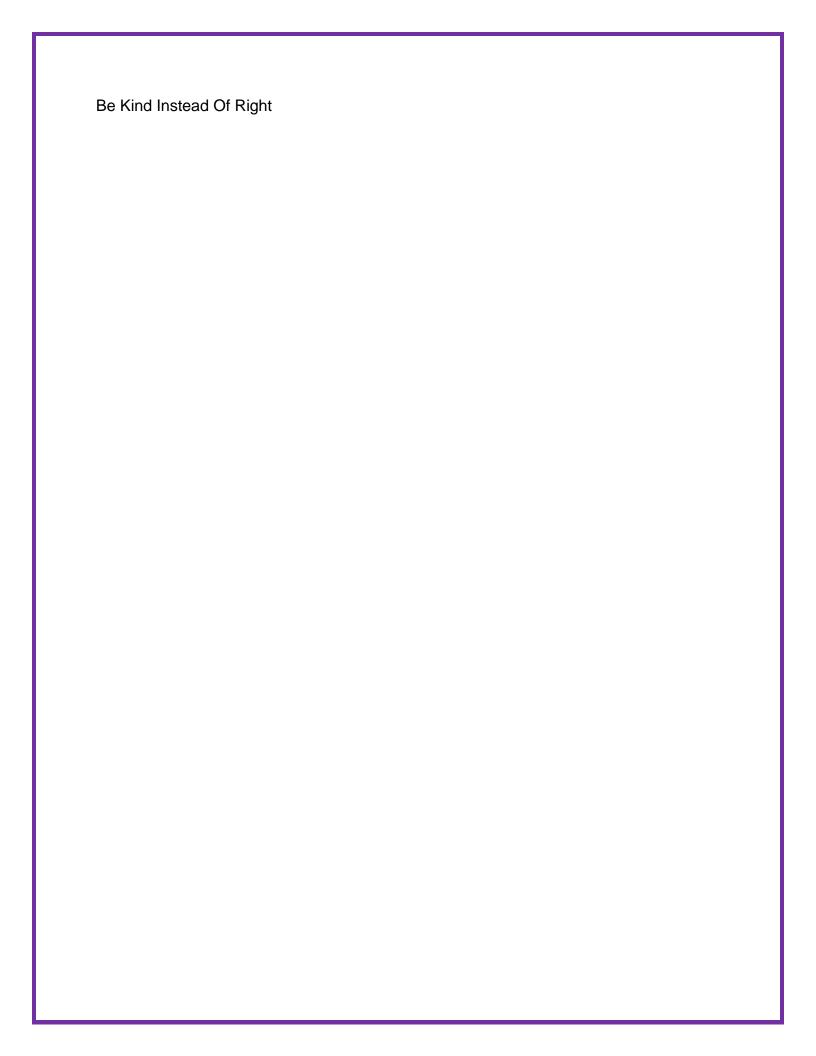




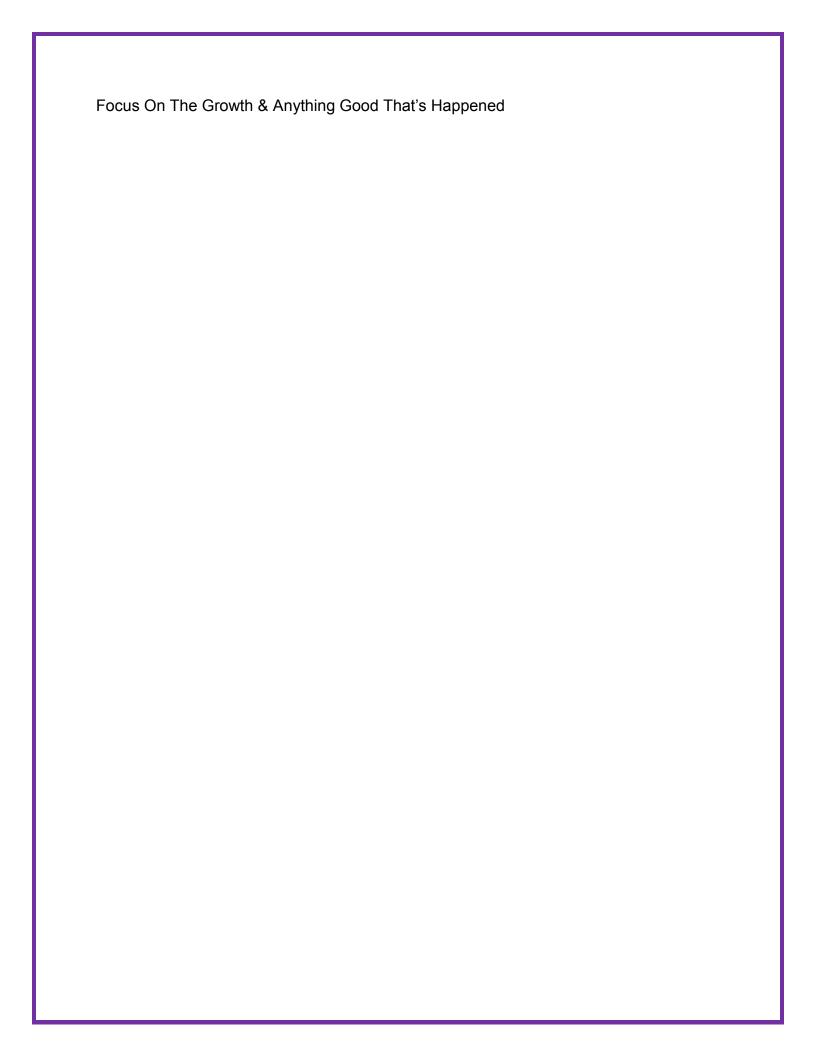








Take Responsibility For Your Own Part	



Learn To Live In The Present		

Better	v Far You've Come	e And How Forgiv	veness is Chang	jing Your Life Fo	or The