

30 Day Forgiveness Challenge Journal

Use this booklet to journal about each topic covered in your 30 day challenge.

Welcome, And Why Forgiveness Is A Choice You Make Every Day

What Is Forgiveness?

What Forgiveness Isn't

Forgiveness Is Important

Why It's A Bad Idea To Ignore Forgiveness

The Connection Between Forgiveness & Depression

Forgiveness Gives You A False Sense Of Power

The Freeing Feeling Of Forgiveness

Don't You Think It's Time To Take Back Control?

Let's Talk About Forgiving Yourself

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

Forgiveness Is A Decision

Forgiveness Is A Process

This Is What Forgiveness Is Really About

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

Starting The Process Of Forgiveness

Journaling Your Forgiveness Journey

Gratitude Can Help You Forgive

Opening A Dialog About Your Anger And Pain

Forgiveness Can Be A Daily Choice

Using Prayer And Meditation To Help Forgive

Don't Go To Sleep Angry

Talk It Out

Practice Makes Perfect

Count Your Blessings

Be Kind Instead Of Right

Take Responsibility For Your Own Part

Focus On The Growth & Anything Good That's Happened

Learn To Live In The Present

Reflect On How Far You've Come And How Forgiveness Is Changing Your Life For The Better



