

# Forgiveness comes naturally to me

## **Forgiveness comes naturally to me.**

Only the weak lack the ability to forgive. I forgive quickly and easily. The ability to forgive is a demonstration of my strength and my ability to subdue my ego.

When I forgive others, I earn the right to expect forgiveness in return. I have the courage to admit my mistakes and do everything possible to make up for my errors. This makes it easier for others to forgive me.

## **Forgiveness is unable to change the past, but it does change the future.**

Forgiveness creates a new path forward. It forges a new beginning. Everything is renewed through true forgiveness.

Those that are unable to forgive are prisoners of their past. They relive past hurts over and over again. **The way to freedom is through forgiveness.**

Forgiveness can be challenging at times, but I am able to do it.

I forgive everyone for everything each night

before I go to sleep. I let go of the past. I awake refreshed and unburdened. **Each day is a new day that I experience with a new perspective.**

I am able to wish well for those that have hurt me.

Today, I am renewed with the ability to forgive. I am free from the past and the pains of the past. I forgive quickly and easily because forgiveness comes naturally to me.

## **Self-Reflection Questions:**

1. Whom have I failed to forgive? Why?
2. What has the inability to forgive cost me in the past?
3. What are the advantages of forgiving everyone?