

Forgiveness: Fears and Joy

Today I choose to embrace my true self

1. List 3 people you're willing to forgive

Ex: a friend, family, co-worker

A. _____

B. _____

C. _____

2. List 3 things that bring you joy

Ex: family, career, health, friends

A. _____

B. _____

C. _____

3. What fears do you struggle with?

4. What emotional armour do you wear? How can you work on removing it?
