

LEARNING AND REFLECTION

discover your GREATNESS within

What new awareness has emerged as it relates to embracing forgiveness? How might this concept enhance my professional or personal life?

LIFE PRINCIPLE
“EMBRACE
FORGIVENESS”
www.made-to-measure.ca

i let go of the
idea that the past
should have been
different



Explore Contribution	Define Desired Outcomes	Decide on Actions	Find a helpful lesson
I need to forgive myself.	Being able to forgive in this situation will allow me to _____.	<p>I need to reflect on the situation:</p> <ul style="list-style-type: none"> Get feedback from others to gain insight? Set new intentions? Write a compassionate letter to myself? <p>I can move forward without confronting others:</p> <ul style="list-style-type: none"> I can move forward without action and trust the wisdom of the universe 	What can I learn from the situation, or about myself that will serve me well in the future?
I need to forgive someone or a group .	Being able to forgive in this situation will allow me to _____.	<p>I have a need to confront others:</p> <ul style="list-style-type: none"> Give feedback to others to share impact? Have a difficult conversation? Set new boundaries? Set new intentions for the relationship? <p>I can move forward without confronting others:</p> <ul style="list-style-type: none"> I can move forward without action and trust the wisdom of the universe 	What can I learn from the individual(s) that will serve me well in the future?
I share responsibility. I need to forgive myself and others for the role we played.	Being able to forgive in this situation will allow me to _____.	<p>I need to reflect on the situation:</p> <ul style="list-style-type: none"> Get feedback from others to gain insight? Set new intentions? Write a compassionate letter to myself? <p>I have a need to confront others:</p> <ul style="list-style-type: none"> Get feedback from others to gain insight? Give feedback to others to share impact? Have a difficult conversation? Set new boundaries? Set new intentions for the relationship? <p>I can move forward without confronting others:</p> <ul style="list-style-type: none"> I can move forward without action and trust the wisdom of the universe 	What can I learn from the situation that will serve me well in the future?