

FEBRUARY WEEK 3 JOURNAL PROMPT

Who, if anyone, do you
need to ask forgiveness
for your mistake?



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Some ways to forgive
yourself & others:



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- Identify the underlying reasons: Was it a lapse in judgment, lack of information, or external pressures? Understanding the "why" can help you move forward.



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- Be compassionate towards yourself: If you made a mistake, understand that everyone makes them. Talk to yourself kindly, the way you would talk to a friend who needs support.



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What would you say to
a friend who made the
same mistake?



PLEASE REMEMBER

Forgiveness is a
journey....
not a destination!

