



Forgiveness Journal



A 30-Day Guided Journal



Daily Entry

Created with LoomJournals



How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns



Scan for a detailed guide on how to use this journal

Date: _____

Situation *(briefly describe the situation, decision, or event that led to this lesson)*

How I feel *(be honest. no feeling is wrong. name it to tame it)*

Empathy Perspective *(try to understand why they acted as they did — without excusing the harm)*

What I'm letting go of *(what no longer serves you? release it here)*

Self-forgiveness *(is there anything you need to forgive yourself for?)*

Release Statement *(complete: i consciously choose to release... and free myself from...)*

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