



Emotional Fitness Training® Poster Coach

PRACTICING SELF FORGIVENESS

...if you live, you will make mistakes - it is inevitable. But once you do and you see the mistake, then you forgive yourself and say, 'Well, if I'd known better I'd have done better,' that's all.

Maya Angelou

1. Start by seeing yourself as a small child standing before your grown-up self.
2. Ask forgiveness using this formula: "I need forgiveness because _____. I wish I could have done better. I will keep trying to be the person you want me to be."
3. See your grown-up self coming to give you a hug.
4. As you both hug, feel forgiveness take hold of you.
5. Practice this throughout the day, whenever you are getting down on yourself. Also practice it at the end of the day before falling asleep.

"Because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance."

Brené Brown