

THE LIST: FORGIVING MYSELF

Personality Problems – weakness, excess, annoying traits and habits

Ex. I'm too heavy and I binge on cookies. I'm envious of someone and constantly compare myself to others. I can't stop picking on someone I love.

Mistakes, Failures, Unfortunate Life Situations

Ex. I got into an unhealthy relationship. I'm broke and in debt. I'm going through a messy divorce and I feel resentful and guilty. I am still unemployed and losing my confidence. I don't like where I live. I am a caregiver of someone and I feel like life is passing me by.

"Falling Short" of who I want to be; failing to live my potential

Ex. I am working in a job that bores me. I want to be self-employed but I'm too afraid to be on my own. I am single and I long to be with a soul mate. I want to create wealth but am getting nowhere.
