



6 KEYS TO FORGIVENESS

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IDENTIFY AND ACKNOWLEDGE YOUR HURT

It's important to know the source of the hurt or betrayal you are living with. Take the time to acknowledge how you are feeling and recognise your thoughts towards it.



FORGIVE YOURSELF

Realising that everything that has happened, good or bad, has been pivotal to you becoming the person you are today paves the way to self-forgiveness. Shift your thoughts and feelings towards the positive and the present.

CHANGE YOUR STORY

The things we tell ourselves shape our beliefs and then create the story we live by. Take the time to revisit your beliefs around the story you hold in the context of what needs to be forgiven.



DEVELOP A FORGIVING MIND THROUGH EMPATHY

By practising empathy you are 'feeling into' the other person – whether you believe what happened was wrong or right is irrelevant. We can forgive others in many ways, depending on where we are and how we want the relationship to be moving forward.

SEEK SUPPORT

Tap into resources such as reading and inspirational podcasts, which can equip you with motivation and supportive insights.



PRACTISE GRATITUDE

When we come to a place of peace we have the best chance to live our best life and focus on what we have, rather than what we don't have or what isn't perfect.



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