

# Pathways of the Heart

## Day #5 Worksheet

1. Were you able to forgive and free yourself today around something you've been holding onto? Or forgive another?

2. Did you notice yourself wanting to hold onto being “right”?

3. Did you have to face any resistance in order to forgive yourself or another?

4. How have you kept yourself "safe" by not forgiving?

5. What lessons have you learned by not forgiving yourself or another person, sooner?

6. What have you learned or seen that you're grateful for in this process?