

Self Nourishment - Week Seven

Forgiveness of yourself



We need to gently let go of the self criticism and judgements we say to ourselves, often when we have made what we consider or perceive to be mistakes.

Forgiveness of ourselves is a deep form of self care and nourishment.

Ask yourself:

What have I done in life that I feel ashamed, embarrassed or guilty over?

Are there things in my life that I wish I had dealt with differently or spoken up more about?

What life lessons have I learnt from these experiences?

How have they shaped me into the woman I am and how could they contribute to my own self discovery work and soul growth?

'Forgive yourself for not knowing what you didn't know, before you learnt it'

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Write a letter quietly to yourself, don't think too hard. Focus on non judgement, nourishment and self love.

Imagine your best friend or gaurdian angel is writing this to you, what would they say?

*Remember
when you
forgive, you
heal.
When you
let go, you
grow'*

*Forgiveness is a powerful act of self love and self discovery.
Forgiveness does not erase the memory of an experience, it
neutralises its impact.*

*The deepest healing occurs when you can forgive
What you have told yourself about yourself
Forgiveness is a state of being that supports the unfolding
Of your authentic self*

Lyanla Vanzant

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In what ways have I been criticising myself?

What nourishing thoughts and feelings came up for me whilst doing the mirror work and confidence meditation?

How will I begin to change my thoughts and feelings for myself to more nourishing ones?

What is the biggest things I have learnt about myself in this area of self discovery?

*'You deserve
the love you
keep giving
everyone
else'*