

# ABUNDANCE CHALLENGE

WITH COUNSELING SERVICES

## Day Sixteen Task

Moving beyond letting go, today we work on forgiveness of ourselves. Make a list of things that you wanted to do but postponed. This could be because of other priorities, because of fear of hurting someone, or fear of failing. Regardless of the reason, these are things that you still plan on doing.

The idea of writing this list is to forgive yourself for everything that you have not done in your life. For each line on your list, write a text of forgiveness based on the examples below:

I, \_\_\_\_\_, forgive myself absolutely and lovingly for not \_\_\_\_\_ (i.e., I, full name, forgive myself absolutely and lovingly that I did not show my vulnerability.)

Feel free to write down everything you want, without limitation

## Day Sixteen Meditation



“Today I remember to be grateful.”