

OWNER OF  
SANKOFA  
CREATIVE  
HANDMADE  
GEMSTONE  
JEWELRY



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## *Finding Forgiveness Journaling Prompts*

*Pro Tip: Use these journaling prompts often. Forgiveness takes time and work, and it doesn't happen overnight. Repetition in exercises like this one help establish a mindset that naturally flows towards a forgiving energy.*

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Kelly Bramblett- Law of Attraction Coach/ Spiritual and Personal Development Coach



## FINDING FORGIVENESS JOURNALING PROMPTS

Who is someone you have struggled to forgive and why? \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

1. When you think about this person what are feelings that show up for you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Upon honest observation why do you think that you are resistant to letting go of any negative feelings you have been holding onto? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. How has holding on to these feelings had a negative effect on your life? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. How can you see this person outside of your pain and connect to feelings of compassion towards them? \_\_\_\_\_  
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\_\_\_\_\_  
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5. What lessons are there in your experience? \_\_\_\_\_  
\_\_\_\_\_  
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FINDING FORGIVENESS JOURNALING PROMPTS

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6. How can you use these lessons to grow? \_\_\_\_\_

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7. What strengths will you gain from your willingness to forgive and release the negative emotions that you have been holding onto? \_\_\_\_\_

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8. How can you use your experience along with your unique lessons to help others? \_\_\_\_\_

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9. Take a moment to reflect on what you have written and then use the space below to express your gratitude for the lesson that was presented to you through your pain. The key is to focus on the lesson, the growth, the strength, and the powerful transformational story you can share with others who may be struggling. \_\_\_\_\_

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## FINDING FORGIVENESS JOURNALING PROMPTS

10. Are there any other downloads or messages you received while working through these questions? \_\_\_\_\_

*Pro Tip: When you are finished take a moment to work with your breath. Allow any resistance that is still left to leave your body through your exhalation. Set your intentions on forgiveness by affirming your willingness to be free of your negative feelings. Allow yourself to feel good in this moment, find your connection to joy, and sit with your peace and your breath for as long as you would like.*

*Pro Tip: Use this powerful cord cutting ritual to help you cut ties and emotionally detach lovingly and mindfully. This can be used with a person or situation that is no longer serving you. [Click here to learn more about cutting energetic cords and ties.](#)*

