

# MY DESERVED GRACE



**A JOURNEY TO  
SELF-COMPASSION & HEALING**

Welcome to 'My Deserved Grace,' a safe space for you to explore, reflect, and heal. This workbook is designed to guide you through understanding and processing feelings related to traumatic events and challenging times. Remember, this journey is about self-compassion and recognizing that many things are beyond our control.



TAKE YOUR TIME, GO  
AT YOUR OWN PACE, &  
MOST IMPORTANTLY  
GIVE YOURSELF  
GRACE!

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1. Acknowledging Your Experiences
2. Understanding Your Responsibilities
3. Self-Compassion Exercise
4. Moving Towards Forgiveness
5. Embracing Accountability.
6. Your Path Forward
7. Closing Words



















# CONGRATULATIONS!

You've taken brave steps in your journey through 'My Deserved Grace.'

Remember, healing is a process, and you deserve compassion and kindness, especially from yourself. Carry these lessons forward with love and strength.

