

SOMETHING TO WORK ON!



AN APOLOGY LETTER TO ME

When I truly want forgiveness from others, I apologize. I let them know how I feel in the sincerest way possible and I take full responsibility for my actions, whether my actions were intentional or unintentional. I share with them what I hope comes next in the relationship, which includes actions I plan to take to ensure it does not happen again, and then I turn it over to them and let it go.

We owe ourselves just as much respect as we owe anyone else, so you can start by writing an apology letter to yourself.

Dig deep and reflect on things you know you are holding onto. This will be things that still cause you pain or pause whenever brought up. Express how you feel you've let yourself down, whether you did them intentionally or unintentionally. What you're holding onto may not be something that you've personally done, it could be something you feel you allowed to happen and never forgave yourself for it happening. Express to yourself how you plan to make things better or prevent something similar from reoccurring, whether it be taking better care of yourself, being more careful, speaking your mind, learning to say "no", or walking away. Next share what you want to happen next that will make your life happier, more peaceful, and self-bondage free.

When you're done writing, your apology letter to yourself may be a couple of lines, or a mini novel, totally depending upon how much you've held on to and never forgave yourself for. After writing it, read it out loud to yourself and then let it go. You can burn it, trash it, or depending upon what your dreams and desires are, turn it into a book for publishing or blog about it 😊. The key point is to forgive yourself for all the things of your past that you are holding onto that don't bring you peace, joy, and happiness, and then let them go.

One thing to remember is that the past is gone and can never be changed. Holding onto past pain can be like carrying around a heavy sack of trash. It serves no purpose, we can't do anything with it, it just holds us down and takes up space. Dropping that bag of trash is like saying to ourselves and the world, "I'm free, I'm at peace, and I'm ready to shine".

Let's get started!



ONE LAST THING



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Until Next Time.....