



FORGIVENESS  
JOURNAL

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SOUL UP KINESIOLOGY & COACHING

## **Welcome** to the Forgiveness Journal

– a gateway to profound transformation, healing, and inner peace. Forgiveness is a journey that extends not only to others but also to ourselves, offering a path to positive change in our lives.

In the pages ahead, we'll explore forgiveness through the '3 R's: Recognize, Release, Rise' framework. This method works for forgiving others or yourself and includes a self-discovery component.



Hi, I'm Meko, a Certified Coach and Kinesiology Expert. I'm on a mission to help you tackle those inner hurdles, shift your mindset, and turn your dreams into actual achievements.

I'm all about helping you tap into your inner wisdom, guiding you back to your true self, and boosting your unique talents. You can think of me as your intuitive guide and kinesiology pro here to support you on your healing journey.

# The 3 R's: Recognize, Release & Rise

The 3 R's present a structured approach to embracing forgiveness.

They act as your compass, guiding you through the process of acknowledging your emotions, letting go of negativity, and ascending beyond the past towards a brighter future.

## Recognize

This first step, "Recognize," is all about acknowledging and understanding your emotions and the situation at hand. It encourages deep introspection and self-awareness.

- **Acknowledge Feelings:** Start by recognizing the emotions you're feeling, such as anger, sadness, or betrayal. This step helps you understand how you're affected.
- **Reflect on the Situation:** Think about what happened and why it hurt you. Try to see if there are lessons to learn.
- **Self-Reflection:** Also, take a moment to think about how you may have contributed to the situation. This can help you grow and learn more about yourself.

## Release

"Release," is about freeing yourself from the emotional burden of the past and viewing it as a catalyst for growth:

- **Let Go of Negative Feelings:** It's time to release those negative emotions.
- **Reframe Your Perspective:** "Change Your View: Instead of just pain, see it as a chance for personal growth and learning, like a valuable lesson about yourself and others.
- **Discover Valuable Lessons:** Explore what you've learned from this challenge. It may reveal insights about your strengths, weaknesses, values, and boundaries, turning pain into wisdom and personal growth.

## Rise

The final step, "Rise," involves taking positive steps forward and using the wisdom gained from the process:

- **Plan Your Next Steps:** After you've let go, think about what to do next. If it involves someone else, consider talking openly with them to understand and resolve the issue.
- **Set Healthy Boundaries:** Remember, forgiveness doesn't mean forgetting. It's important to set clear boundaries to prevent the same issues from happening again.
- **Grow and Transform:** Use what you've learned to grow as a person and make positive changes in your life and relationships.

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To start this journey, find a quiet, distraction-free space, have your journal and pen ready, and take a moment to breathe deeply, releasing any tension you may have.

Get ready to open your heart and mind to self-forgiveness and forgiving others.

# Recognize

Start by acknowledging the pain or offense. Dive deep into your emotions. Reflect on feelings of anger, betrayal, or sadness. Understand how these emotions impact your mental and emotional well-being. Crucially, introspect about your own role in the situation, as this is an opportunity for self-awareness and growth.

Recall a specific incident where you've been hurt or offended by someone. Describe the situation in detail.

Explore the primary emotions that emerged during this incident, such as anger, sadness, or betrayal.

Reflect on how these emotions affected your mental and emotional well-being. In what ways did they impact your daily life?

Consider your own role in the situation. Were there any actions or reactions on your part that contributed to the conflict?

Think about your initial perceptions of the situation. How did your preconceptions affect your response to the event?

# Release

Now that you know what's hurting you and how you feel, it's time to let go. Forgiveness is about **unburdening** yourself from these emotions. Instead of viewing the situation as a source of pain, see it as a chance for personal growth and learning. Think about the lessons you've gained from this experience.

Describe the negative emotions you've been holding onto regarding the situation. Is there anger, resentment, or bitterness that has lingered?

Consider the lessons learned from this experience. What insights have you gained, and how can you apply them to your life moving forward?





Close your eyes, take a few deep breaths, and let go of these emotions one by one. How does it make you feel?

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Explore forgiveness exercises: Write a forgiveness letter to yourself or the person involved. What would you say to yourself or the person involved?

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# Rise

Having learned from your experience, consider your next steps. If the situation involves another person and it's appropriate, contemplate reconnecting with them. This may entail an open and honest conversation where you express your feelings and work towards understanding and resolution.

Remember, forgiveness doesn't mean disregarding healthy boundaries – it's essential to establish clear boundaries to prevent a repeat of the situation. As you move forward, ponder how you can apply the wisdom and growth you've gained from the forgiveness process in your daily life. This step is about renewal and personal transformation.

Reflect on how you can apply what you've learned from the event or situation to foster personal growth and self-improvement.

Envision a conversation with the person involved if appropriate. What would you say to them to express your feelings and seek understanding?

Think about establishing healthier boundaries in your relationships. What boundaries do you need to put in place to prevent a similar situation from occurring?

Imagine a future scenario where you encounter a similar challenge. What actions would you take differently now that you've gone through this forgiveness process?

Your past can sometimes feel like heavy chains, made from pain and regret, casting a shadow over your life. But remember this: forgiveness is a beacon of hope, a powerful force that can set you free from these burdens and lead you towards a brighter future. It's not just about being kind to yourself; it's your path to a lighter heart, for your well-being and better relationships.

As you journey through this booklet, I hope it becomes your companion in healing the wounds that weigh on your soul. The transformation and healing you desire are closer than you think.

Love & Light  
Meko

## Your Path to Healing

I extend a warm invitation to you, inviting you to join us on a journey of forgiveness, an embrace of the love that resides within. This journey has the power to free you from the weight of your past, and it opens the door to a brighter future. And as you take these steps, remember that it's also an invitation to nurture self-love, something you truly deserve.

If you're seeking deeper understanding and personalized guidance, our 1:1 coaching services are here for you. We're prepared to assist you in discovering your unique self and providing the support necessary for your healing journey toward happiness.

To embark on the next chapter of your personal growth and healing journey, please reach out to us. Your healing and transformation hold a special place in our hearts.

