

A romantic scene of a couple walking on a beach at sunset. The man is on the right, wearing a light-colored short-sleeved shirt and dark pants, holding the hand of a woman on the left. They are walking through shallow water, and splashes of water are visible around them. The sky is a mix of orange, yellow, and blue, suggesting a late afternoon or early evening setting. The overall mood is peaceful and intimate.

I give myself
a chance

**I follow the principle
of live and let live**



A silhouette of a person stands on a rocky outcrop on the left side of the frame, looking out over a vast ocean at sunset. The sun is low on the horizon, creating a warm, golden glow that fills the sky and reflects on the water. The sky is filled with soft, wispy clouds, and the overall atmosphere is peaceful and contemplative. The text "I can silently forgive" is overlaid on the right side of the image, with "I can silently" in purple and "forgive" in red.

I can silently
forgive


A lush green forest with a waterfall cascading into a stream with small rapids. The scene is vibrant with various shades of green foliage and the white foam of the water.

*It's one of the
greatest gifts
you can give yourself,
to forgive.
Forgive everybody*

~ Maya Angelou

A serene landscape at sunrise or sunset. The sun is low on the horizon, creating a warm, golden glow. The sky is a mix of blue and orange, with wispy clouds. In the foreground, a thick layer of white clouds or fog fills the valley, with dark mountain silhouettes visible in the distance. A single bird is captured in flight on the right side of the frame, its wings spread wide.

In this moment
I am safe

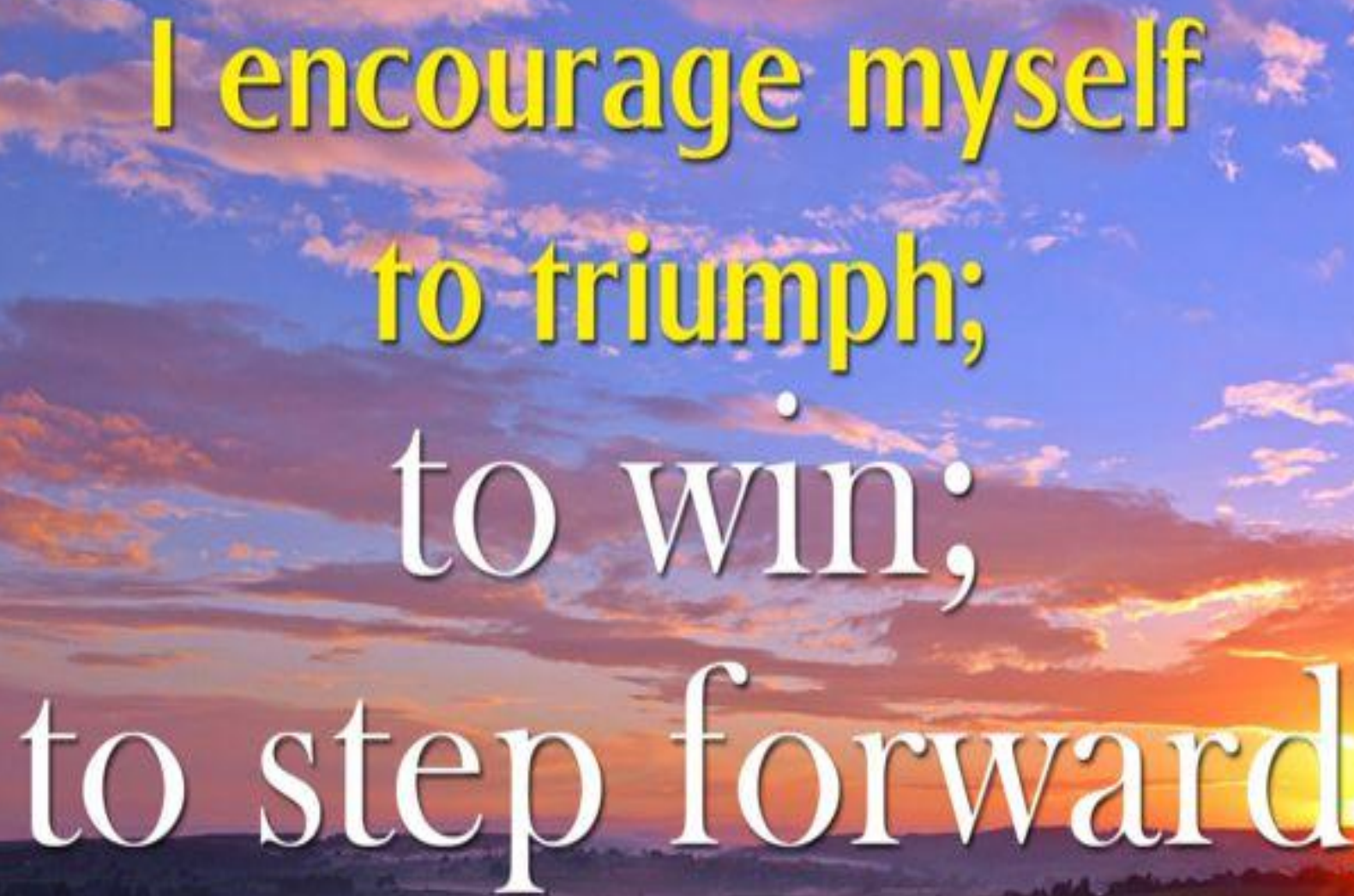


*I can go
with the flow
when it is
necessary & desirable*



I take this
small step

*toward greater
growth*



I encourage myself
to triumph;
to win;
to step forward

A romantic scene of a couple walking on a beach at sunset. The man is on the right, wearing a light-colored short-sleeved shirt and dark pants, holding the hand of a woman on the left. They are walking through shallow water, and splashes of water are visible around them. The sky is a mix of orange, yellow, and blue, suggesting a late afternoon or early evening setting. The overall mood is peaceful and intimate.

I hold myself to
higher standards

**I remind myself of the good
within myself and in life**



A silhouette of a person stands on a rocky outcrop, looking out over a vast landscape at sunset. The sun is low on the horizon, casting a warm, golden glow across the sky and water. The sky is filled with soft, wispy clouds, transitioning from a deep blue at the top to a bright orange near the horizon. The water in the foreground is dark, reflecting the light from the sun. The overall mood is one of contemplation and resilience.

I grow
stronger and stronger

A lush green forest with a waterfall cascading into a stream with small rapids. The scene is vibrant and serene, with sunlight filtering through the dense foliage. The waterfall is the central focus, with water splashing and creating white foam as it falls. The surrounding trees are tall and leafy, creating a canopy of green. The stream flows from the waterfall towards the foreground, where it forms several small rapids with white water.

*We are all
doing our best,
and we are all
learning & growing*

Say sorry,
quickly & with ease





*I am able
to heal in a natural
and
beautiful way*



|

contribute



I acknowledge,
accept and appreciate
what IS

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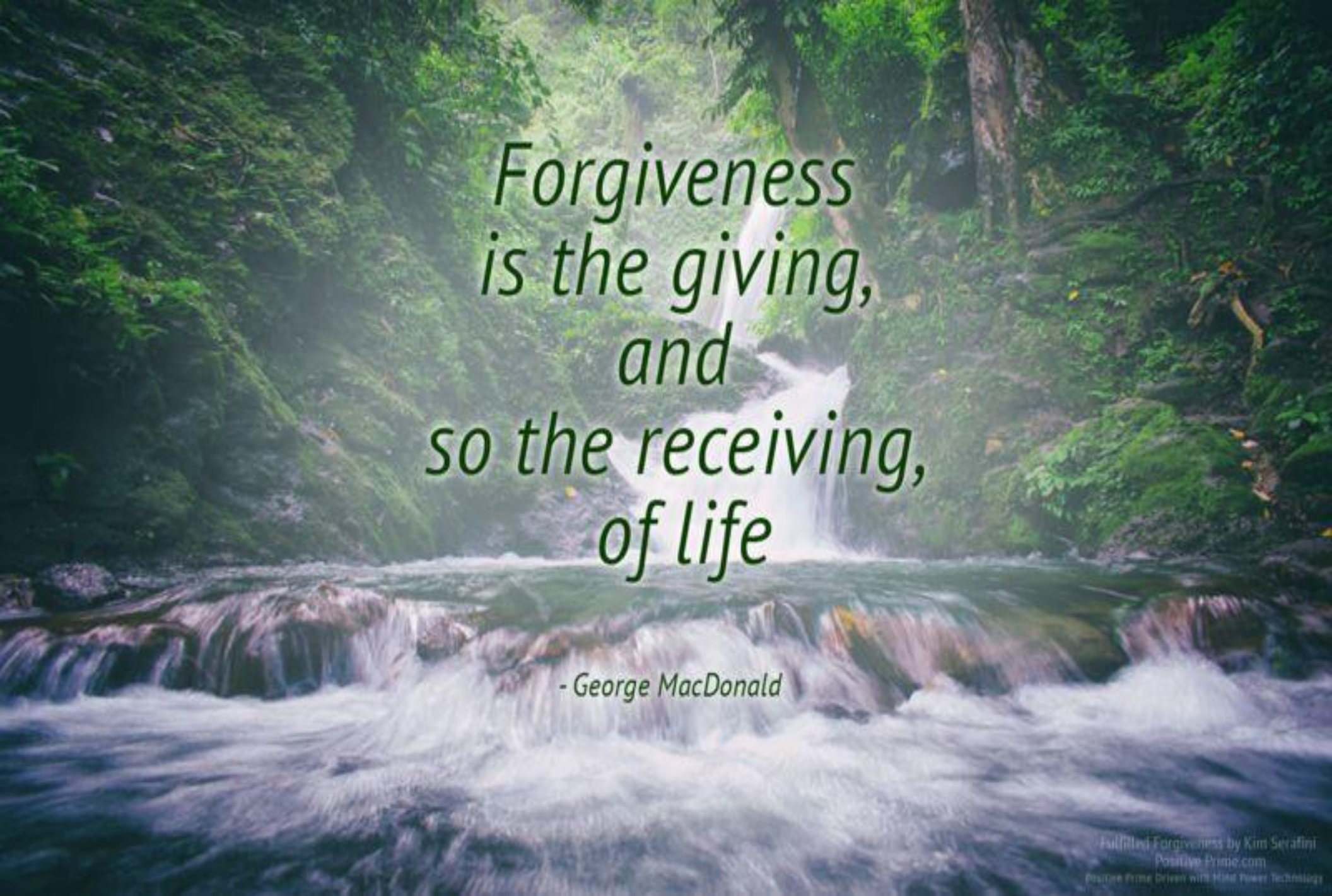
I give people
a chance

**I am capable of moving on
and leveraging the lessons**



A silhouette of a person stands on a rocky outcrop, looking out over a sunset. The sun is low on the horizon, casting a warm orange glow across the sky and water. The sky is filled with wispy clouds, and the background shows a range of mountains. The overall mood is contemplative and inspiring.

I have new,
empowering patterns

A lush green forest with a waterfall cascading into a stream with small rapids. The scene is vibrant and serene, with sunlight filtering through the dense foliage. The waterfall is the central focus, with water splashing and creating white foam as it falls. The surrounding trees are tall and leafy, creating a canopy of green. The stream flows from the waterfall towards the foreground, with several small rapids and cascades. The overall atmosphere is peaceful and natural.

*Forgiveness
is the giving,
and
so the receiving,
of life*

- George MacDonald

I am ethically
mindful and guided






*I am
compassionate
and
also empathetic*



I have
integrity



The thoughts
of this moment
create my future

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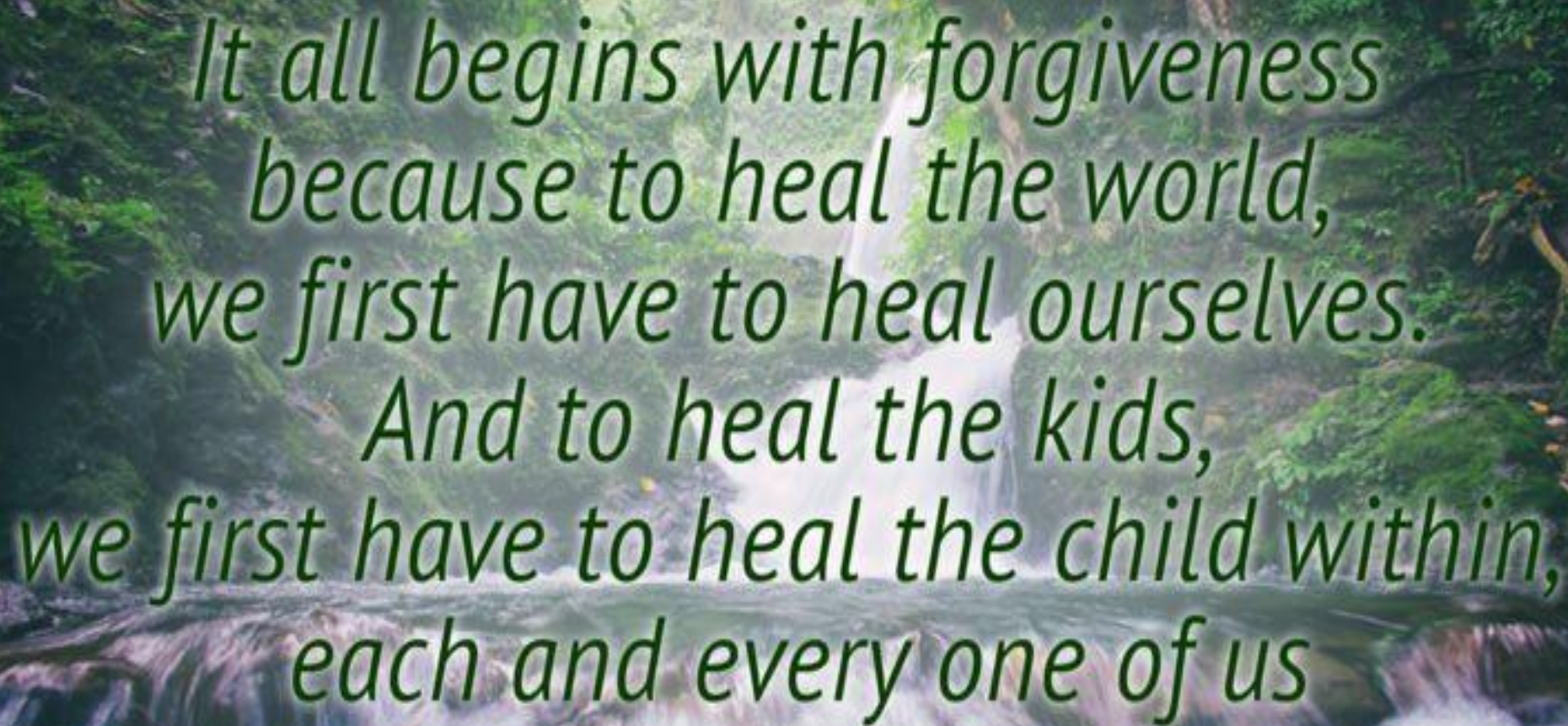
Life Does
Love Me

**I forgive so that
I can have inner peace**



A silhouette of a person stands on a rocky cliff, looking out over a vast ocean at sunset. The sun is low on the horizon, casting a warm, golden glow across the sky and water. The sky transitions from a deep orange near the horizon to a pale blue at the top, with wispy clouds scattered throughout. The person's shadow is cast on the cliff face.

I am willing to live
with all of who I am

A lush green forest with a waterfall cascading into a stream. The water is white and foamy as it falls over rocks. The surrounding trees and foliage are vibrant green, creating a serene and natural atmosphere.

*It all begins with forgiveness
because to heal the world,
we first have to heal ourselves.
And to heal the kids,
we first have to heal the child within,
each and every one of us*

- Michael Jackson

The image features a serene sunset scene with a clear blue sky transitioning to warm orange and yellow tones near the horizon. A silhouette of an eagle is captured in flight on the right side, soaring towards the sun. The foreground is filled with a thick layer of white mist or fog, which softens the view of the distant mountain ranges. The overall mood is peaceful and hopeful.

Forgiveness
is a gift to myself



*I love
and
accept myself
and
others exactly as
they are right now*



Thank you

Thank you

Thank you

Thank you



I have the resources
for
personal
development

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I commit to
improving

**I am the epitome of
“being kind & caring & gracious”**



A silhouette of a person stands on the peak of a rocky cliff, looking out over a vast ocean at sunset. The sun is low on the horizon, casting a warm, golden glow across the sky and water. The sky transitions from a deep orange near the horizon to a pale blue at the top, with wispy clouds scattered throughout. The overall mood is contemplative and serene.

Every single past moment
is complete

A lush green forest with a waterfall cascading into a stream with small rapids. The scene is vibrant and serene, with sunlight filtering through the dense foliage. The waterfall is the central focus, with water splashing and creating white foam as it flows over rocks into a stream below. The surrounding trees are tall and leafy, creating a canopy of green. The overall atmosphere is peaceful and natural.

*Forgiveness
isn't approving
what happened.
It's choosing to
rise above it*

- Robin Sharma

I am free
I am free
I am free





*The past is gone
I live only
in the present*



I love myself
and
*all that
I am*



I will treat myself with
love and respect

A romantic scene of a couple walking on a beach at sunset. The man is wearing a light-colored short-sleeved shirt and dark pants, and the woman is wearing a light-colored dress. They are holding hands and splashing water, with the sun low on the horizon creating a golden glow and silhouettes. The overall mood is joyful and intimate.

I feel


brighter

**I treat myself fairly
and I am also fair to others**



A silhouette of a person stands on a rocky outcrop, looking out over a sunset over the ocean. The sky is filled with soft, wispy clouds, and the sun is low on the horizon, casting a warm glow. The text "I am capable" is written in purple, and "Willing and able" is written in red, both centered in the upper half of the image.

I am capable
Willing and able

A lush green forest with a waterfall cascading into a stream. The water is white and frothy as it flows over rocks. The surrounding trees are dense and vibrant green, with sunlight filtering through the canopy. The overall scene is peaceful and serene.

*Always pray to have eyes that
see the best in people, a heart
that forgives the worst, a mind
that forgets the bad,
and a soul that never loses
faith in God*

- Anonymous



Let it go
Let it go
Let it go



*I trade my anger
and
rage for understanding
and
compassion*



I focus
on what

*I can be
grateful for*



The energy of love
and
forgiveness
surrounds me

A romantic scene of a couple walking on a beach at sunset. They are holding hands and walking away from the camera. The man is wearing a light-colored short-sleeved shirt and dark pants. The woman is wearing a light-colored dress. The water is splashing around their legs, and the sky is a warm, golden color. The overall mood is peaceful and intimate.

It's easy to say

sorry

**Understanding is one of
the highest forms of love**



A silhouette of a person stands on a rocky outcrop, looking out over the ocean at sunset. The sky is filled with soft, wispy clouds, and the sun is low on the horizon, casting a warm glow over the scene. The text "I am a pioneer of the future" is overlaid on the image.

I am a pioneer
of the future

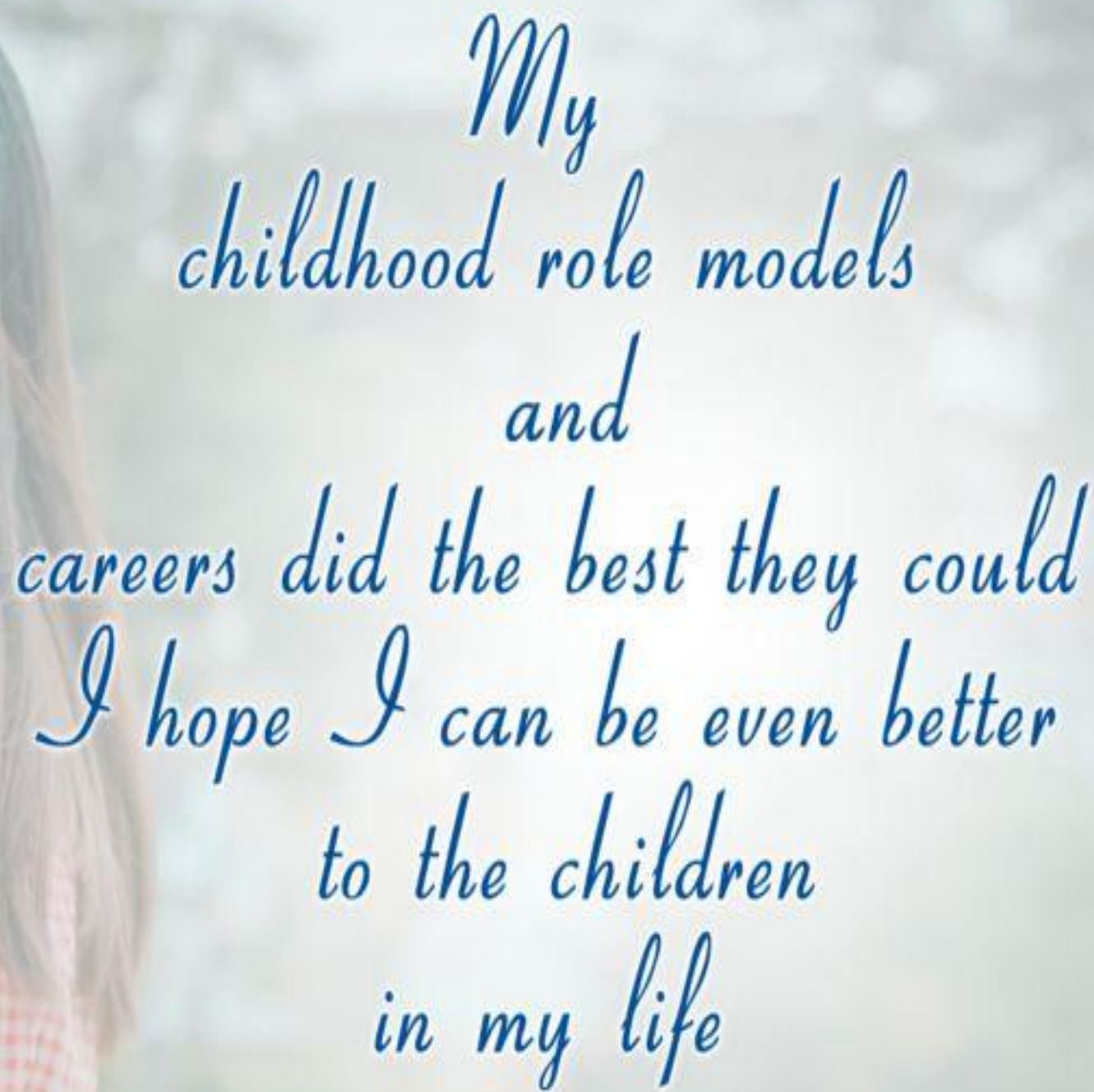
A lush green forest with a waterfall cascading into a stream with small rapids. The water is white and frothy as it flows over rocks. The surrounding trees are dense and vibrant green, with sunlight filtering through the canopy.

*The weak
can never forgive.
Forgiveness
is the attribute
of the strong*

- Mahatma Gandhi

I am in control
of how I feel





*My
childhood role models
and
careers did the best they could
I hope I can be even better
to the children
in my life*



I have found
contentment

*I nurture
it*



I live in the now and design
my future

A romantic scene of a couple walking on a beach at sunset. The man is wearing a light-colored short-sleeved shirt and dark pants, and the woman is wearing a light-colored dress. They are holding hands and splashing water, with the sun low on the horizon creating a golden glow and water droplets in the air.

I feel

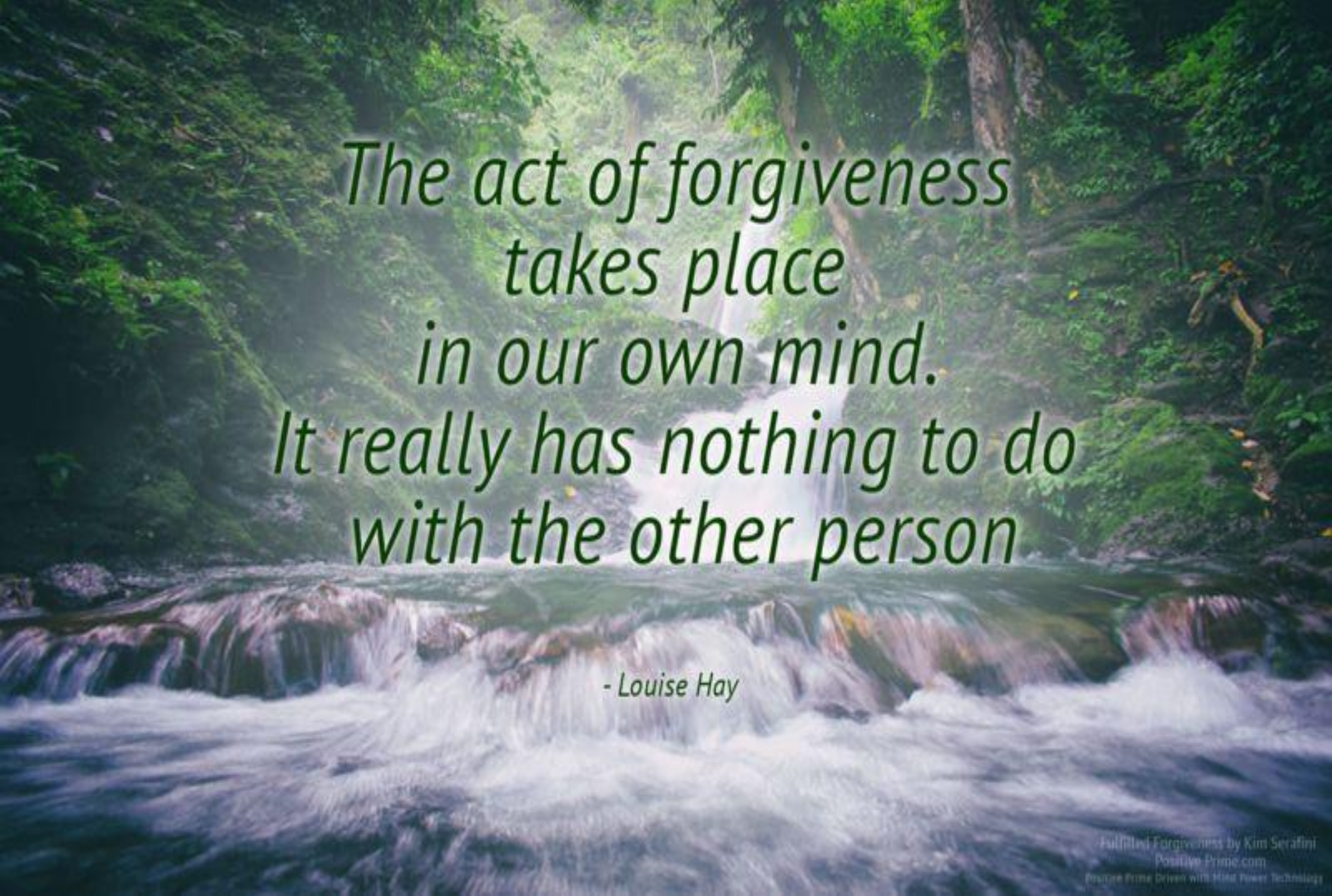
lighter

**I breathe deeply and
exhale very slowly**



A silhouette of a person stands on the peak of a rocky cliff, looking out over a vast ocean at sunset. The sun is low on the horizon, casting a warm, golden glow across the sky and water. The sky is filled with soft, wispy clouds, transitioning from a deep blue at the top to a bright orange near the horizon. The overall mood is contemplative and hopeful.

I am the architect
of my future

A lush green forest with a waterfall cascading into a stream with small rapids. The scene is vibrant and serene, with sunlight filtering through the dense foliage. The waterfall is the central focus, with water splashing and creating white foam as it flows over rocks into a stream below. The surrounding trees are tall and leafy, creating a canopy of green. The overall atmosphere is peaceful and natural.

*The act of forgiveness
takes place
in our own mind.
It really has nothing to do
with the other person*

- Louise Hay

Be free
Be free
Be free





*I love myself
I nurture myself
I have faith in myself*



I do what
I must do

*to be
respectful*



I have the courage
and
intention to heal

A romantic scene of a couple walking on a beach at sunset. The man is on the right, wearing a light-colored short-sleeved shirt and dark pants, holding the hand of a woman on the left. They are walking through shallow water, and splashes of water are visible around them. The sky is a mix of orange, yellow, and blue, suggesting a late afternoon or early evening setting. The overall mood is peaceful and intimate.

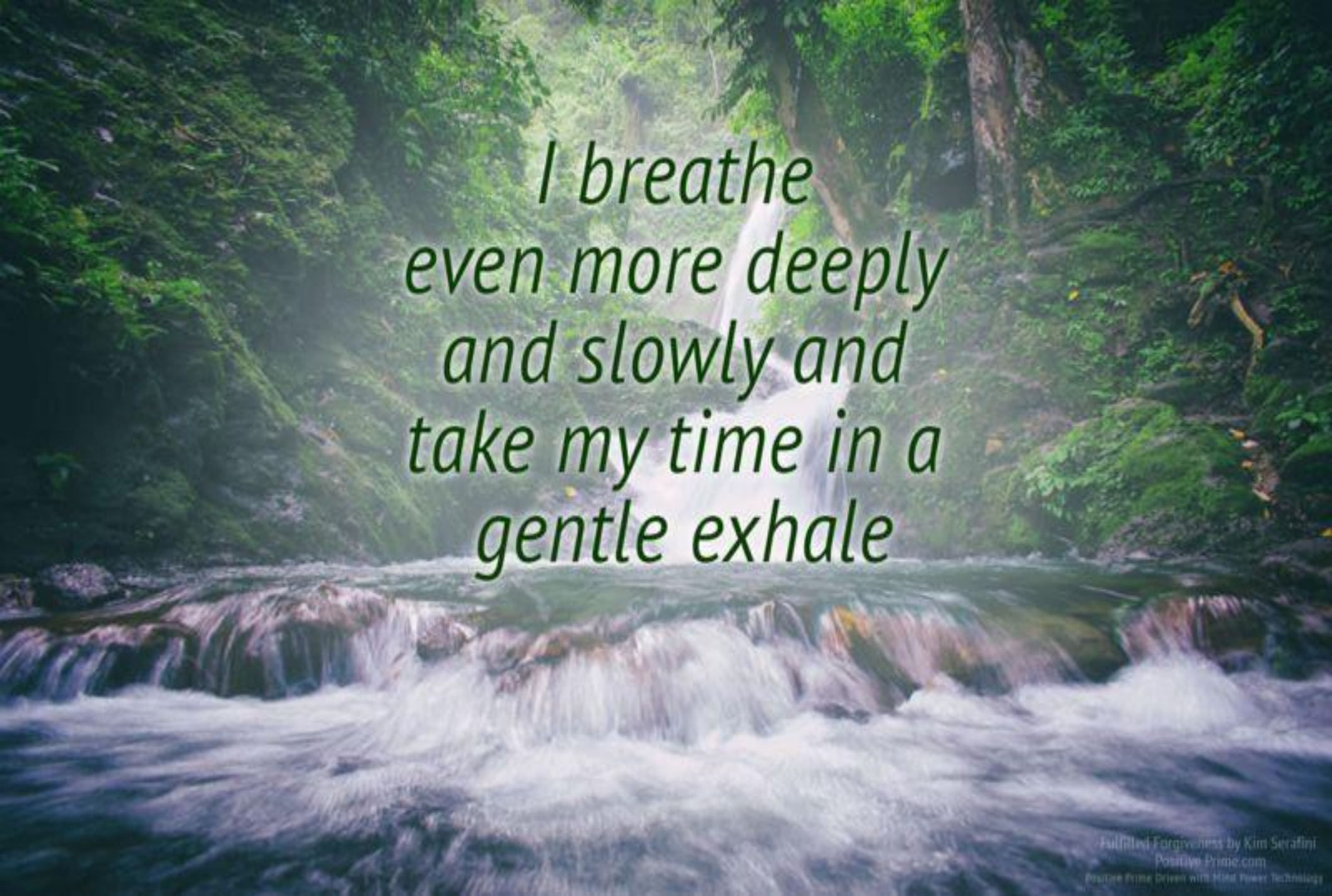
All is
well

**I do what I must do to
heal in a wholesome way**



A silhouette of a person stands on a rocky cliff, looking out over a vast ocean at sunset. The sun is low on the horizon, casting a warm, golden glow across the sky and water. The sky is filled with soft, wispy clouds, transitioning from a deep blue at the top to a bright orange near the horizon. The overall mood is serene and contemplative.

I am breathtakingly
magnificent in my soul

A lush green forest with a waterfall cascading into a stream with small rapids. The scene is vibrant and serene, with sunlight filtering through the dense foliage. The waterfall is the central focus, with water splashing and creating white foam as it falls. The surrounding trees are tall and thin, with thick green leaves. The overall atmosphere is peaceful and natural.

*I breathe
even more deeply
and slowly and
take my time in a
gentle exhale*

The background of the image is a scenic landscape at sunset or sunrise. The sun is low on the horizon, creating a warm, golden glow. The sky is filled with soft, wispy clouds in shades of blue and orange. In the foreground, there is a layer of mist or fog that obscures the ground, with silhouettes of mountains in the distance. A single bird is captured in flight on the right side of the image, its wings spread wide. The text is centered in the upper half of the image.

I claim my own power
I am victorious



Be truthful
Be honest
Be sincere
Be genuine
Be courageous



Forgiving
myself

*helps others
too*



I have the incentive
for
self-improvement

A romantic scene of a couple walking on a beach at sunset. The man is on the right, wearing a light-colored short-sleeved shirt and dark pants, holding the hand of a woman on the left. They are walking through shallow water, and splashes of water are visible around them. The sky is a mix of orange, yellow, and blue, suggesting a late afternoon or early evening setting. The overall mood is peaceful and intimate.

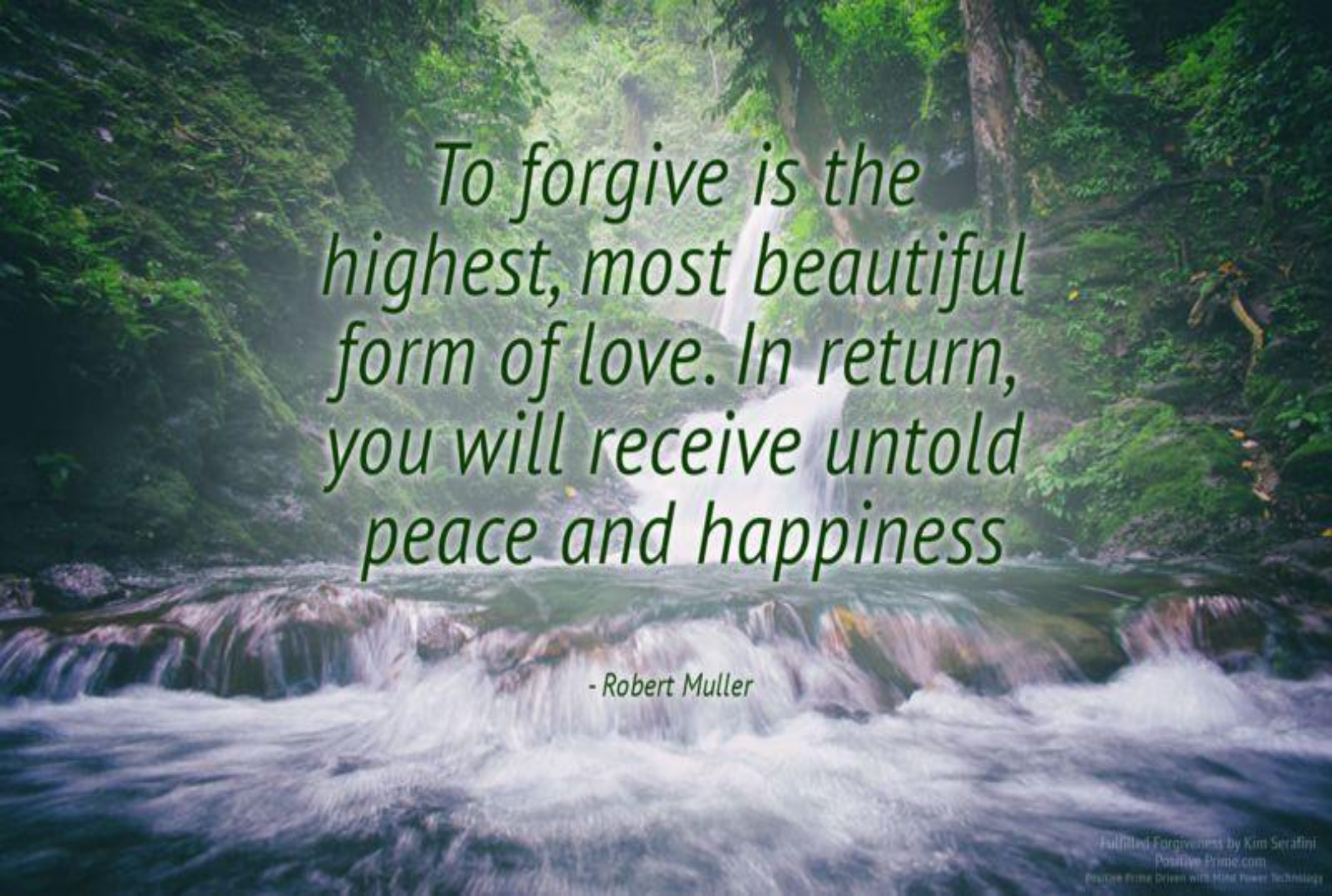
You are
appreciated

**I give up the hope of a different past
by accepting my true past**



A silhouette of a person stands on a rocky cliff, looking out over a vast landscape at sunset. The sun is low on the horizon, casting a warm, golden glow across the sky and water. The sky transitions from a deep orange near the horizon to a pale blue at the top. The water in the foreground is dark, reflecting the light from the sun. The overall mood is contemplative and hopeful.

I can step into the future
with pure intentions

A lush green forest with a waterfall cascading into a stream. The water is white and foamy as it flows over rocks. The surrounding trees and foliage are vibrant green, creating a serene and peaceful atmosphere.

*To forgive is the
highest, most beautiful
form of love. In return,
you will receive untold
peace and happiness*

- Robert Muller

A serene landscape featuring a sea of clouds under a bright, hazy sky. The sun is low on the horizon, creating a warm, golden glow. A silhouette of a bird is captured in flight, soaring across the sky. The overall mood is peaceful and uplifting.

I release
I release
I release



*Forgiveness
is a gift
you give yourself*

- Tony Robbins



I am patient
I am learning
*the art of
patience*



I did the best I could
at the time with
what I knew

A romantic scene of a couple walking on a beach at sunset. The man is on the right, wearing a light-colored short-sleeved shirt and dark pants, holding the hand of a woman on the left. They are walking through shallow water, and the scene is filled with golden light and splashing water droplets. The text is overlaid on the right side of the image.


I am not bitter,
I became better

**I am forgiving, loving,
gentle and kind to everyone**



A silhouette of a person stands on a rocky cliff, looking out over a vast ocean at sunset. The sun is low on the horizon, casting a warm, golden glow across the sky and water. The sky is filled with soft, wispy clouds, transitioning from a deep blue at the top to a bright orange near the horizon. The overall mood is one of contemplation and inspiration.

I encourage myself
to succeed


A lush green forest with a waterfall cascading into a stream with small rapids. The scene is vibrant and serene, with sunlight filtering through the dense foliage. The waterfall is the central focus, with water splashing and creating white foam as it falls. The surrounding trees are tall and leafy, creating a canopy of green. The stream flows from the waterfall towards the foreground, with several small rapids and cascades. The overall atmosphere is peaceful and natural.

*There is no love
without forgiveness,
and
there is no forgiveness
without love*

- Bryant H. McGill

A scenic landscape at sunrise or sunset. The sun is low on the horizon, casting a warm glow over a valley filled with a thick layer of fog or low clouds. In the background, there are silhouettes of mountains. A bird is in flight on the right side of the image, its wings spread. The sky is a mix of blue and orange, with wispy clouds and some white contrails.

The way I express myself
is graceful



*I move
beyond forgiveness
to understanding,
and
I have compassion
for all*



You are
doing a
*wonderful
job*



I give myself
the best chances
to succeed

A romantic scene of a couple walking on a beach at sunset. The man is on the right, wearing a light-colored short-sleeved shirt and dark pants, holding the hand of a woman on the left. They are walking through shallow water, and splashes of water are visible around them. The sky is a mix of orange, yellow, and blue, suggesting a late afternoon or early evening setting. The overall mood is peaceful and intimate.

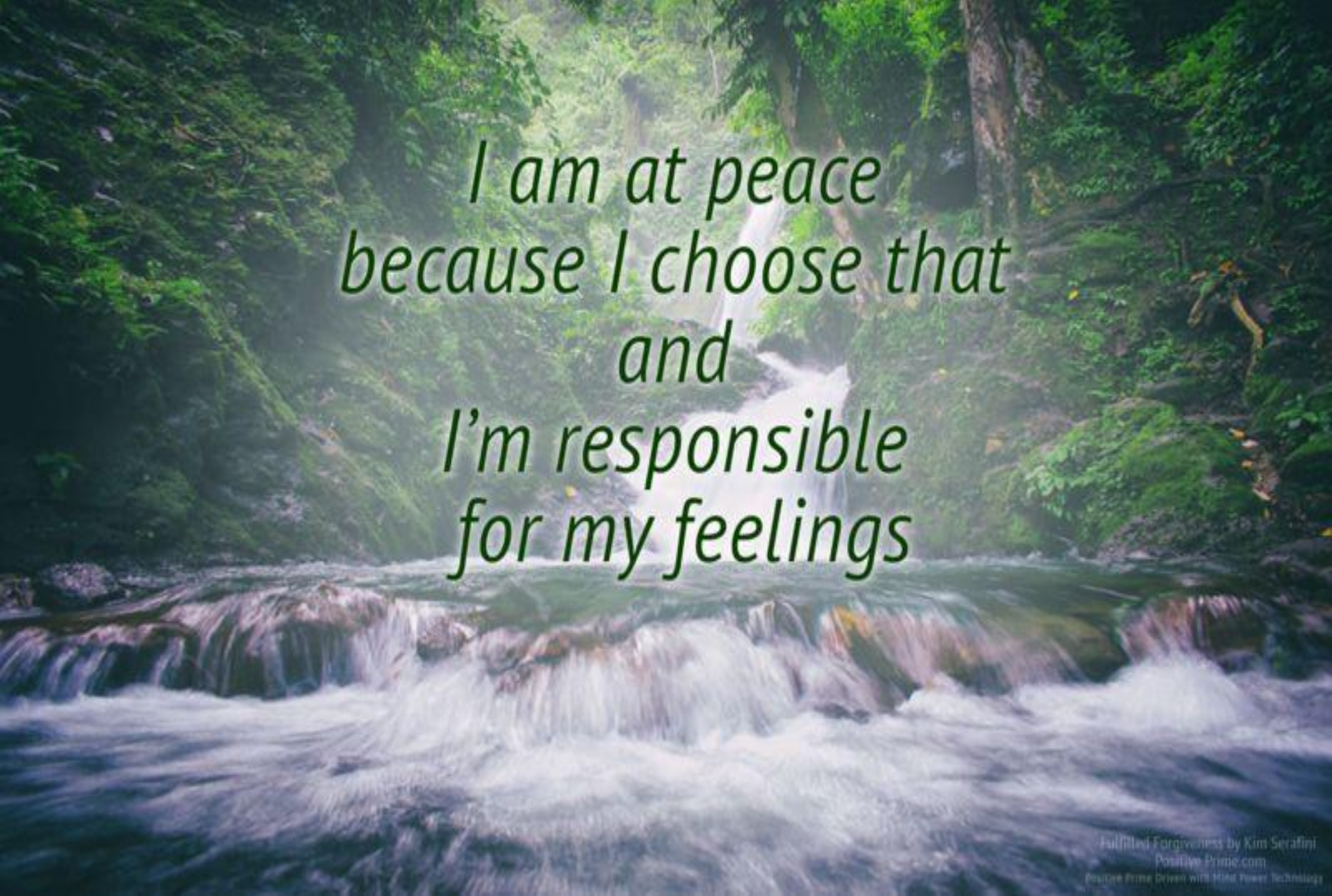
I focus on
helping others

**I forgive myself for
being imperfect like everybody
else**



A silhouette of a person stands on a rocky outcrop on the left side of the image, looking out over a vast ocean at sunset. The sun is low on the horizon, creating a warm, golden glow across the sky and water. The sky transitions from a deep orange near the horizon to a pale blue at the top, with wispy clouds scattered throughout. The overall mood is contemplative and serene.

I am capable of loving
all of who I am

A lush green forest with a waterfall cascading into a stream with small rapids. The scene is vibrant and serene, with sunlight filtering through the dense foliage. The waterfall is the central focus, with water splashing and creating white foam as it falls. The surrounding trees and plants are in various shades of green, creating a rich, textured background. The overall atmosphere is peaceful and natural.

*I am at peace
because I choose that
and
I'm responsible
for my feelings*

You've done
a great job





Today
I listen to my feelings,
and
I am gentle with myself
I know that all of my feelings
are my friends



You're
doing an
awesome
job



I am loving. I am loving. I am loving.

I am loveable. I am loveable. I am loveable.

I am loved. I am loved. I am loved.

A romantic scene of a couple walking on a beach at sunset. They are holding hands and walking away from the camera. The man is wearing a light-colored short-sleeved shirt and dark pants. The woman is wearing a light-colored dress. The water is splashing around their legs, and the sky is a warm, golden color. The overall mood is peaceful and intimate.

I get the help
I need

**As I forgive myself,
it becomes easier to forgive others**



A silhouette of a person stands on a rocky cliff, looking out over a vast landscape at sunset. The sun is low on the horizon, casting a warm, golden glow across the sky and water. The sky is filled with soft, wispy clouds, transitioning from a deep blue at the top to a bright orange near the horizon. The water in the foreground is dark, reflecting the light from the sun. The overall scene is peaceful and contemplative.

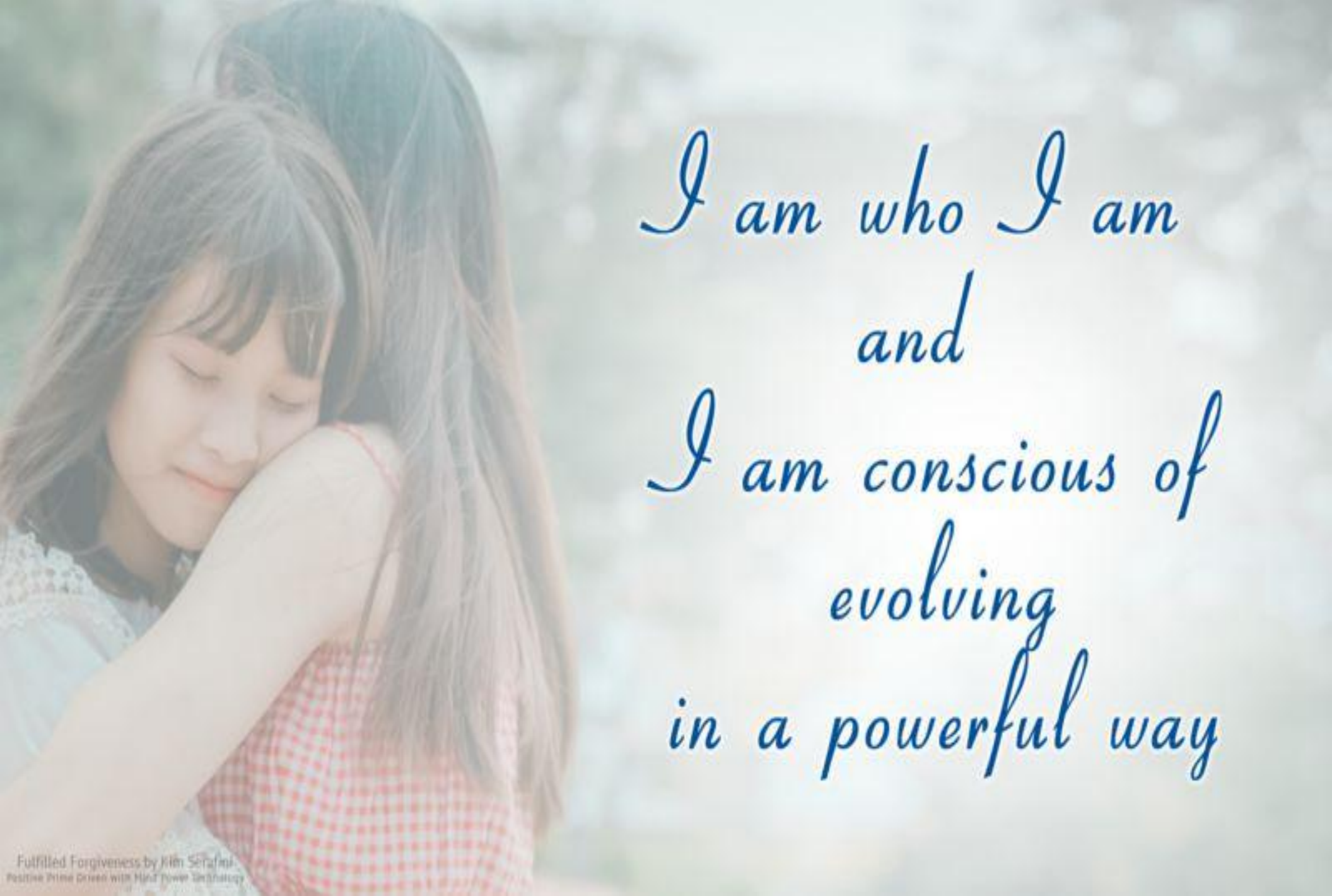
I remain focused
on the big picture

A lush green forest with a waterfall cascading into a stream with small rapids. The scene is vibrant and serene, with sunlight filtering through the dense foliage. The waterfall is the central focus, with water splashing and creating white foam as it falls. The surrounding trees are tall and thin, with thick green leaves. The overall atmosphere is peaceful and natural.

*I trust my present
and
future decisions based
on love and good
intentions*

A silhouette of a bird, possibly a hawk or eagle, is shown in flight against a bright, hazy sky. The bird is positioned on the right side of the frame, with its wings spread wide. Below the bird, a thick layer of white clouds fills the lower half of the image, creating a 'sea of clouds' effect. In the background, a range of mountains is visible under a clear blue sky with some wispy clouds. The sun is low on the horizon, casting a warm, golden glow across the scene.

One day
at a time



*I am who I am
and
I am conscious of
evolving
in a powerful way*



I can

I am

I will
I have



I practice
understanding and compassion

A romantic scene of a couple walking on a beach at sunset. The man is wearing a light-colored short-sleeved shirt and dark pants, and the woman is wearing a light-colored dress. They are holding hands and splashing water, with the sun low on the horizon creating a warm, golden glow. The text "I wish everyone more love" is overlaid on the right side of the image.

I wish everyone
more love

**Each day is filled
with new possibilities**



A silhouette of a person stands on a rocky cliff, looking out over a vast ocean at sunset. The sun is low on the horizon, casting a warm, golden glow across the sky and water. The sky is filled with soft, wispy clouds, transitioning from a deep blue at the top to a bright orange near the horizon. The overall mood is contemplative and hopeful.

Intention is my catalyst for
my ideal future

A lush green forest with a waterfall cascading into a stream with small rapids. The scene is vibrant and serene, with sunlight filtering through the dense foliage. The waterfall is the central focus, with water splashing and creating white foam as it falls. The surrounding trees are tall and leafy, creating a canopy of green. The stream flows from the waterfall towards the foreground, with several small rapids and cascades. The overall atmosphere is peaceful and natural.

*Forgiveness
does not
change the past,
but it does enlarge
the future*

- Paul Boese

A silhouette of a bird, possibly an eagle or hawk, is shown in flight against a bright, hazy sky. The bird is positioned on the right side of the frame, with its wings spread wide. The background features a sea of clouds or mist that fills the lower half of the image, with a range of mountains visible in the distance. The sun is low on the horizon, creating a warm, golden glow. The overall scene is serene and inspiring.

I am dedicated
to advancing



*Life
is an adventure
in forgiveness*

- Norman Cousins



It has all
served me

Yield...

Be softer & more gentle...

Allow

A romantic scene of a couple walking on a beach at sunset. The man is on the right, wearing a light-colored short-sleeved shirt and dark pants, holding the hand of a woman on the left. They are walking through shallow water, and the scene is filled with splashing water droplets. The sky is a warm, golden color from the setting sun. The text "I give myself time to reflect" is overlaid on the right side of the image.

I give myself time
to reflect

**Forgiveness gives me
a fresh start and a clean slate**



A silhouette of a person stands on a rocky cliff, looking out over a vast ocean at sunset. The sun is low on the horizon, casting a warm, golden glow across the sky and water. The sky transitions from a deep orange near the horizon to a pale blue at the top. The person's shadow is cast on the cliff face.


I reconsider with a
light-heartedness

A lush green forest with a waterfall cascading into a stream with small rapids. The scene is vibrant and serene, with sunlight filtering through the dense foliage. The waterfall is the central focus, with water splashing and creating white foam as it falls. The surrounding trees are tall and leafy, creating a canopy of green. The stream flows from the waterfall towards the foreground, with several small rapids and cascades. The overall atmosphere is peaceful and natural.

*I grow more patient
and
understanding of others
by forgiving myself*

The background of the image is a serene landscape at sunset. The sun is low on the horizon, creating a warm, golden glow. The sky is a mix of blue and orange, with wispy clouds. In the foreground, there is a layer of white mist or fog that fills the valley. A silhouette of a bird, possibly an eagle or hawk, is captured in mid-flight on the right side of the image, its wings spread wide. The overall mood is peaceful and inspiring.

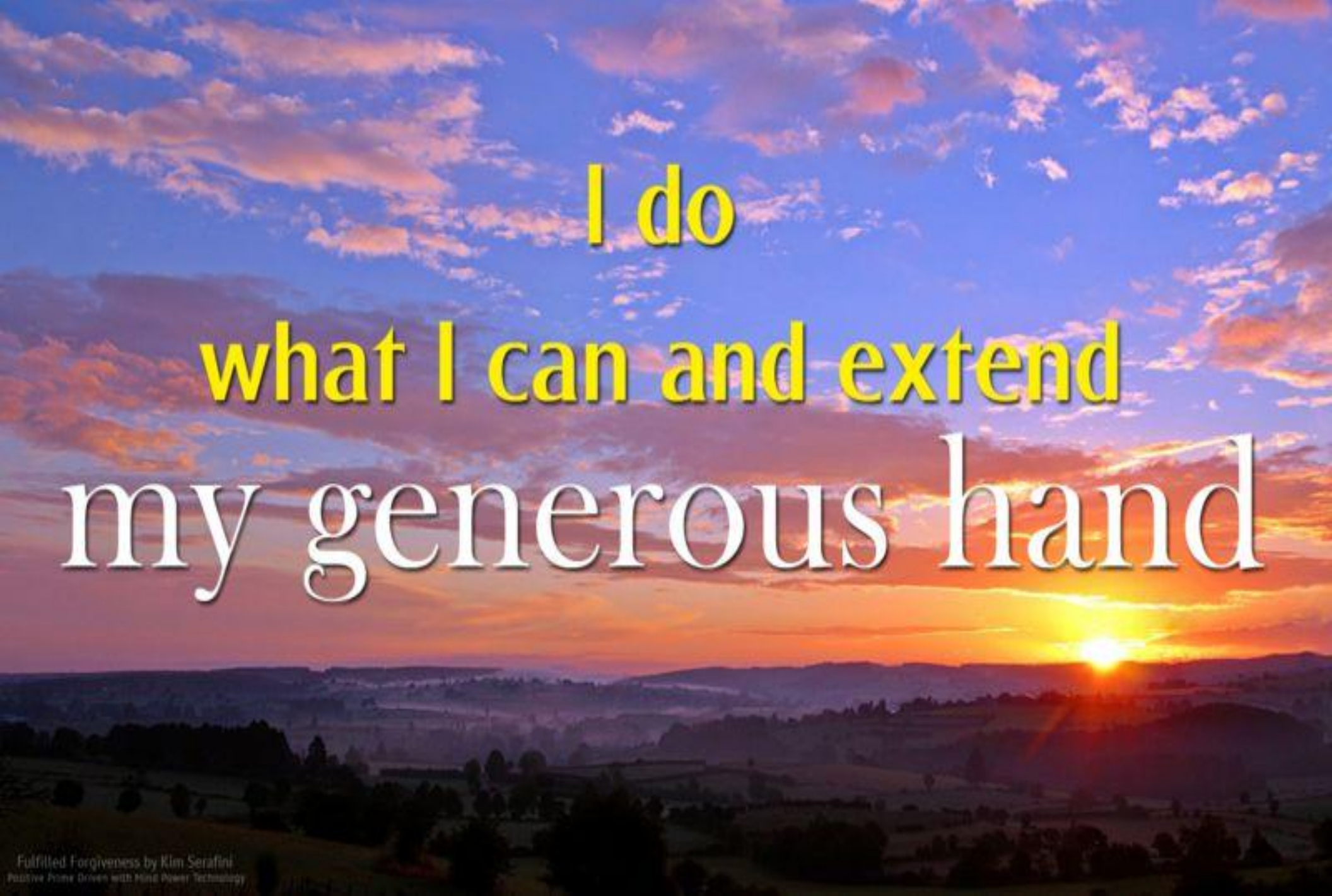
I am focused on
what delights me



*The door to my heart
opens inward
I move through forgiveness
to love*



I have a
*growth
mindset*



I do
what I can and extend
my generous hand

A romantic scene of a couple walking on a beach at sunset. They are holding hands and walking away from the camera. The man is wearing a light-colored short-sleeved shirt and dark pants. The woman is wearing a light-colored dress. The background is a bright sunset over the ocean, with waves breaking. The overall mood is peaceful and intimate.

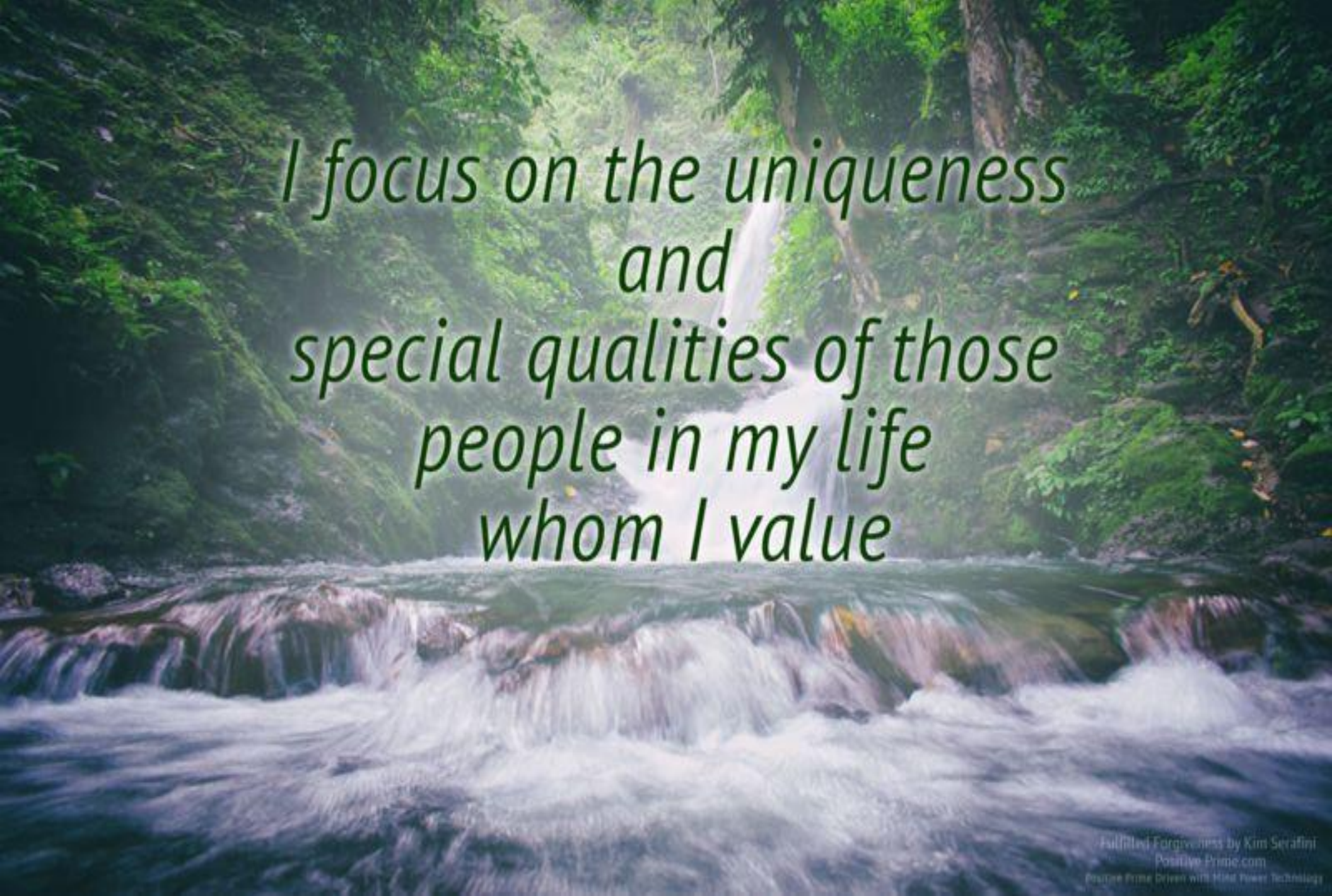
I go with
the flow

**I remember that often I need
to ask my EGO to be forgiving**



A silhouette of a person stands on a rocky cliff, looking out over a vast landscape at sunset. The sun is low on the horizon, casting a warm, golden glow across the sky and water. The sky transitions from a deep orange near the horizon to a pale blue at the top. The water in the foreground is dark, reflecting the light from the sun. The overall mood is contemplative and serene.

I remind myself of
my life's purpose

A lush green forest with a waterfall cascading into a stream with small rapids. The text is overlaid on the image.

*I focus on the uniqueness
and
special qualities of those
people in my life
whom I value*

A silhouette of an eagle is shown in flight against a bright, hazy sky. The eagle is positioned on the right side of the frame, with its wings spread wide. Below the eagle, a thick layer of white clouds fills the lower half of the image, creating a 'sea of clouds' effect. In the background, a range of mountains is visible under a clear blue sky with some wispy clouds. The sun is low on the horizon, casting a warm glow over the scene.

I make the path
clearer



*I swim
and
feel buoyant in an ocean
of love
and
forgiveness*



I allow
myself time,
every day,
to be silent



I do
what I can and expand
my generous heart

A romantic scene of a couple walking on a beach at sunset. The man is wearing a light-colored short-sleeved shirt and dark pants, and the woman is wearing a light-colored dress. They are holding hands and splashing water, with the sun low on the horizon creating a warm, golden glow. The background shows the ocean waves and a bright sky.

Exhale


Slowly

**When I forgive myself,
it becomes easier to forgive others**



A silhouette of a person stands on a rocky cliff, looking out over a vast ocean at sunset. The sun is low on the horizon, casting a warm, golden glow across the sky and water. The sky is filled with soft, wispy clouds, transitioning from a deep blue at the top to a bright orange near the horizon. The overall mood is serene and contemplative.

I create micro-moments of
compassionate connection

A lush green forest with a waterfall cascading into a stream with small rapids. The scene is vibrant and serene, with sunlight filtering through the dense foliage. The waterfall is the central focus, with water splashing and creating white foam as it falls. The surrounding trees are tall and leafy, creating a canopy of green. The stream flows from the waterfall towards the foreground, where it forms several small rapids over rocks.

*I am worthy of all
the compassion
and
kindness in the world*

I am
far-sighted





*I have
infinite potential
&
I am expressing it*



I am
flexible



The words I speak
are inspiring