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I am free of unreasonable expectations of perfection. My choices have created the wonderful person that I am and I forgive myself for my past errors.

Like everyone else, I occasionally make mistakes and do or say things I regret. **But I quickly forgive myself and vow to do better in the future.** I remember all the positive things I have done.

Everyone deserves forgiveness, so I find it easy to forgive others and myself.

I realize that mistakes are a part of life and are actually a good thing. I learn from my mistakes, and they make me a more knowledgeable person.

The most successful people are those who have made the most mistakes. I embrace my errors and strive to grow as a result of them.

I have the power to forgive myself for all of my past mistakes. I just have to let them go. I am free of doubt, embarrassment, and

guilt. I love myself and am full of confidence. **I know that I am a great person, inside and out.**

Today, I forgive myself for any and all past mistakes. And I forgive others for their mistakes. When I forgive others, I get better at forgiving myself.

Self-Reflection Questions:

1. What are 3 things for which I should forgive myself?
2. How would my life change if I were better at forgiving myself?
3. Who else should I forgive?