

# Compassionate Self Forgiveness



## Hurray & Welcome

What you see here is your first step toward **compassionate self forgiveness**. Self forgiveness is a gift you can give yourself, over and over again. It is an integral step in the lifelong journey toward saying hurray *inside, outside, and underneath*™.

If you're new to this kind of work don't worry, I will walk you through the practice.

Below there is an outline for cultivating compassion and I encourage you, especially the first time you fill out this worksheet, to watch or listen to my online Full Moon forgiveness workshop and audio. You can find them both here:

[www.hurraykimmay.com/self-forgiveness-gifts](http://www.hurraykimmay.com/self-forgiveness-gifts)

Return to this sheet again and again. Practicing self compassion will surround you in a layer of love and help you uncover your truth. Let's dive in!

xoxo  
Kimmy



“Compassionate self forgiveness is a step in the journey of learning to love yourself.” - Kimmy Caldwell

ARE YOU READY TO TAKE A STEP TOWARD SELF LOVE?  
**LET'S GET STARTED!**

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## STEP 1: Get Compassionate

Find yourself in a really compassionate place. Get cozy, inside and out. Perhaps you can imagine a being that you love and adore unconditionally. Or imagine yourself at 5-8 years old. Imagine that they came to you with an issue or judgement they had about themselves. How would you address this person or this version of you?

## STEP 2: What is no longer serving you?

Now that you're in a place of compassion, you can lovingly turn that compassion towards yourself. What are some misunderstandings, stories, or judgements that are no longer serving you?

Of those that you listed, which one has the most pull? Which one feels like it's knocking on your heart and needs some love?

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## STEP 3: Release & Forgive

Repeat out loud or write it out...

*I lovingly forgive myself for the misunderstanding that \_\_\_\_\_*

*I lovingly forgive myself for judging myself for \_\_\_\_\_*

*I lovingly forgive myself for buying into the misbelief that \_\_\_\_\_*

Repeat as necessary.

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

## STEP 4: What is the truth?

Now that you've released what is no longer serving you, there is space to let the truth in.

What is true?

*The truth is \_\_\_\_\_*

*The truth is \_\_\_\_\_*

*The truth is \_\_\_\_\_*

*The truth is \_\_\_\_\_*

*The truth is \_\_\_\_\_*

Repeat as necessary.

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## BONUS STEP: Mantras

Transform your truths into mantras. For example, “*the truth is I am beautiful*” becomes the mantra “***I am beautiful.***”

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

After you’ve created a list of mantras choose one to repeat. You can speak the mantra out loud, write it in a journal, you name it!



How will **self forgiveness** shape the progress of your life?

Coupled with coaching, **radical self forgiveness** can and will take you further.

Sure, it won’t be without effort - the ongoing practice of forgiveness is something that my clients and I work on continually - but **you’re worth it!**

Maybe you want more confidence, adventure, power, or conviction. No matter what your quest may be, I’m here to help. We’ll explore, go deep, and laugh along the way.

So, what are you waiting for? Book your **free discovery session** today at:

[hurraykimmay.com/coaching](https://hurraykimmay.com/coaching)