

Day 3 - Power of Forgiveness Appetizers

Forgiveness - Select one appetizer for today. It's important to complete at least one action. #1 takes very little time, #2 a tad bit more time #3 requires more thought and/or action time.



Deliciously Simple

Print the forgiveness poster and put where you can see it throughout the day. Say the affirmation to yourself 25 times during the day,



Delightfully Tasty

Print the **Anchor ME™** Reflection Statement and read several times along with saying affirmation 25 time during the day. Answer the three Inner Reflection questions.



Powerfully Sustaining

1. In what ways can I forgive others without portraying myself as weak?
2. What positive attributes do I develop as a result of forgiving others?
3. What is holding me back from forgiving?

Ready to Live in Your Unstoppable Success Zone?

Schedule a **20 Minute Complimentary Chat Session** - ChatwithAnn.com