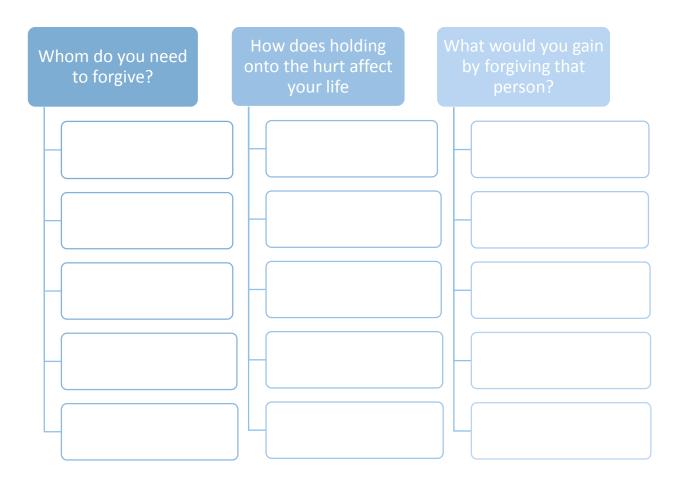# Day 3-Power of Forgiveness Game Card

Forgiveness is a gift I give myself. By forgiving others and **myself**, I become free of the past. I am then free to live entirely in the present.

Forgiveness sometimes seems like a gift I am giving to others, but it is really something I do for myself. Holding onto the past creates challenges in the present and future, so I choose to let go of the past and move forward without baggage.

Whom do you need to forgive?	How does holding onto the hurt affect your life	What would you gain by forgiving that person?

Forgiving yourself

How does forgiving yourself allow you to accept responsibility for your life?