

# FORGIVENESS AFFIRMATIONS

*At the end of every day, I will aim to forgive myself for any mistakes I made.*

*I will forgive and move on from mistakes.*

*I will forgive those who have hurt me, but kindly remove them from my life.*

*I will forgive myself for the negative thoughts I have been thinking.*

*I will forgive others who have let me down.*

*Forgiveness is a part of life.*

*I will move on from the hurt others have caused in my life.*

*I will expel any thoughts of self-hatred and learn to forgive myself for my flaws.*

*Learning to forgive me has allowed me to live freely.*

*Learning to forgive others is a skill that I work on every day.*

*Forgiving is never a sign of weakness.*

*Forgiving is a sign of personal power and strength.*

*I allow myself to feel forgiveness from others.*

*I accept that I will make mistakes and forgive myself from the beginning.*

*I am worthy of forgiveness.*

*I accept that I am doing the best I can and forgive myself.*

*Forgiveness is part of personal growth.*

*To move in our journey, we must learn to forgive.*

*I let go of painful feelings around dieting and my weight and focus my attention on everything working out for me from now on.*

*I am free of guilt and regret about my dieting, the way I've eaten and my weight.*

*I accept that my past mistakes around dieting and eating were important lessons for my personal growth.*

*Forgiving myself leads me to the clarity in thoughts, decisions and actions to take to reach my desired body and lifestyle.*

*I allow myself to learn and evolve around my food intake everyday and pay attention to what works best for me from an energy of curiosity to reach my desired body.*

*The past is in the past, I did the best I could around food at the time with what I knew.*

*I am now at peace with my history around my body and weight and at peace with the process of becoming my desired body and weight, there is a way this can work out for me.*

*Forgiving myself becomes easier and easier as I practice.*