**Forgiveness Practice**

Make a list of people you want to forgive. Include yourself if applicable. Number them easiest to hardest to forgive.

For each day insert the numbers of the people on your list that you have gotten to -

Example

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sun | Mon | Tue | Wed | Thurs | Fri | Sat |
| Person # | 1 | 1,2 | 1,2 | 1,2 | 1,2 | 1,2,3 | 1,2,3 |
| Person # | 1,2,3 | 1,2,3 | 1,2,3 | 1,2,3 | 1,2,3 | 1,2,3 | 1,2,3 |
| Person # | 1,2,3 | 1,2,3,4 | 1,2,3,4 | 1,2,3,4 |  |  |  |

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| Person # |  |  |  |  |  |  |  |
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|  | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| Person # |  |  |  |  |  |  |  |
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|  | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| Person # |  |  |  |  |  |  |  |
| Person # |  |  |  |  |  |  |  |
| Person # |  |  |  |  |  |  |  |
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