

# Meditation Journal - Forgiveness

Day 1 Intention: "I choose to forgive"

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*Thank you for opening up to more Love in your life.*

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➤ Morning Insights ...

➤ Midday Insights ...

➤ Evening Insights ...

What is asking to be forgiven? What is asking for your forgiveness? What are you choosing to forgive?

[1]

©

[2]

[3]

➤ What is the one thing you choose to focus Love on helping you forgive?

# Meditation Journal - Forgiveness

Day 2 Intention: "I choose Love's wisdom to forgive ... "

➤ Morning Insights ...

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*You are invited to be patient as you learn new things. Be kind to you. Take your time. You are opening up to more love, which is perfect for where you are right now.*

*If you want more support go to [Always More Love](#) and check out the Meditation Support Calls.*

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➤ Midday Insights ...



➤ Evening Insights ...

What insights about Love's Wisdom are you grateful for?

[1]

©

[2]

[3]

[4]

[5]

➤ What is different about your Inner World as you choose to forgive? How is your Inner World changing?

# Meditation Journal - Forgiveness

Day 3 Intention: "I choose Love's understanding to forgive ... "

➤ Morning Insights ...

➤ Midday Insights ...

➤ Evening Insights ...

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*Let Love be the last thing you think about as you fall asleep tonight.*

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➤ What are you grateful for?

[1]

[2]

[3]

[4]

[5]

➤ What is alive in you - your Inner World - right now? What are you observing?

# Meditation Journal - Forgiveness

Day 4 Intention: "I choose Love's acceptance in forgiving ..."

➤ Morning Insights ...

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*It's OK if you miss a Meditation.*

*Remember: Give your Attention to what is working, rather than to what is not working.*

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➤ Midday Insights ...



➤ Evening Insights ...

How is that "thing" you are choosing to forgive changing or shifting? How are YOU in relation to that thing? What are you noticing?

[1]

[2]

[3]

[4]

[5]

➤ How do you see forgiveness? What has Love taught you?

# Meditation Journal - Forgiveness

Day 5 Intention: "I choose Love's freedom by forgiving \_\_\_\_"

➤ Morning Insights ...

➤ Midday Insights ...



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*Take a deep breath. Love is supporting you in ways you cannot see.*

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➤ Evening Insights ...

In your ability to forgive and be free, what are you grateful for?

[1]

©

[2]

[3]

[4]

[5]

➤ How do you experience greater freedom? What are you observing?

# Meditation Journal - Forgiveness

Day 6 Intention: "I forgive ..."

➤ Morning Insights ...

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*AlwaysMoreLove has Coaches who can help those who want Group or Individual Support.  
Just let us know. YOU are worth it.*

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➤ Midday Insights ...



➤ Evening Insights ...

What do you notice about your experience with forgiveness and the love in your life?

[1]

[2]

[3]

[4]

[5]

➤ What is the power in forgiveness for YOU? How is your life changing?

# Meditation Journal - Forgiveness

Day 7 Intention: "I choose greater Love"

➤ Morning Insights ...

➤ Midday Insights ...

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*What next? How about repeating a week?  
How about picking what works for YOU and repeating that? How about telling a friend?  
How about telling us how this went for you? We would love to know!*

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➤ Evening Insights ...

What does "greater love" mean to you?

[1]

[2]

[3]

[4]

[5]

➤ What do you love about the greater loving you?