



FORGIVENESS & RELEASE

REFLECTION SHEET

WHISPER NO. 10 OF 52



ABOUT THIS WHISPER

Holding on to hurt keeps you tied to the past. Forgiveness is a gift you give yourself—it clears space for peace, healing and new beginnings. This Whisper helps you release what no longer serves your highest good.

“Forgiveness sets you free. It doesn’t excuse the past, but it releases you from carrying its weight.”

– UNKNOWN

DATE: _____

A SIGN I NOTICED OR QUESTION I HAVE: _____



WHAT HURT AM I STILL HOLDING ON TO?

What painful memory or experience am I ready to release?



WHO DO I NEED TO FORGIVE?

Is there someone I need to forgive, including myself?



HOW IS HOLDING ON AFFECTING ME?

How is this hurt impacting my peace, health or happiness?



WHAT WOULD RELEASING IT ALLOW ME TO FEEL?

What emotions or freedom would open up for me?



WHAT DOES FORGIVENESS MEAN TO ME?

How do I define forgiveness in my own words?



WHAT CAN I LET GO OF RIGHT NOW?

What am I willing to release today, even if just a little?



ADDITIONAL REFLECTIONS

Anything else I would like to note.



CAROLE'S WHISPER

*Forgive yourself. Forgive others. Release the past.
You are not who you were in yesterday's story.
You are so much more.*



AFFIRMATION

*“I release what no longer serves me with love and grace.
I choose peace, freedom and healing.”*