

Today _____, I Forgive, _____ for the money he/she owes me.

Accept the Unacceptable

Write the most unacceptable results

Release the Negativity

Write all the negatives about the experience of lending them money

Take it as an Opportunity to Learn and Grow

Write all the life lessons you have learned

Compassion

Why do you need to forgive yourself?

Why do you need to forgive the person involve?

Write all your reasons. Be constructive. Focus on positives.

Move Forward

What are the things you must do to avoid the same situation happening again

Signed: _____