

A woman in a teal dress is sitting on a white ledge, holding a magenta clutch bag. She is wearing magenta high-heeled shoes. The background is a solid teal color.

For You

10 Ways for
Self Forgiveness

You are an energy within as LOVE. Be whole.

There's so much more to life than finding someone who will want you, or being sad over someone who never deserved you. Forgiving ourselves from abandoning the young parts of ourselves who were screaming for liberation and never had a chance to be truly heard. It is forgiving ourselves from buying into the belief that something was wrong with us because we absorb too much of our childhood surroundings pain and projections.

There is a lot of wonderful time to be spent discovering yourself without hoping someone will fall in Love with you along the way.





It doesn't need to be painful or empty. In a society run on warfare ideology, it's easy to turn that against ourselves. Forgiveness is the way. The only person to forgive is ourselves (no blame) No one else deserves our forgiveness more. Forgiveness is such an art and a constant unfolding. Give yourself grace.

Most peeps are at war with themselves their entire life.

Remember, you are an energy of LOVE within.

You don't need anyone to 'complete' you. Many hold grudges with themselves, shaming themselves, punishing themselves. **Self forgiveness is the path to awakening.**

Love ... becomes a whole being on your own.

When we forgive ourselves, we make a conscious effort to make peace with ourselves and to stop demanding perfection that doesn't exist for humans.

Ways to Practices Self Forgiveness





1. Go on adventures, fall asleep at the beach or in the forest with friends.

2. Wander around the city, sit in a coffee shop by yourself, see a movie, leave notes in library books, dress up for yourself, have manicures, bubble baths, give to others, smile a lot, listen to music and affirmations and funnies, laugh loud and proud.

3. Write, write and write some more!

Spend 30 days waking up every morning journaling. Write how you forgive yourself for all of your past and how you choose self acceptance. **Keeping a journal and the power of consistency is key.** It is a great way to commit and show up for ourselves each day.

4. Walk in Nature. Notice when in thought loops of negativity, self shaming, or being self critical.

Pause & move your body to shift your thoughts. Take a walk.

5. Regularly say to yourself “I forgive myself.” “I did the best I could” “ I am human & allowed to make mistakes”.

6. Keep small promises to yourself every day. **You’ll begin to trust your own word.**

7. Releasing resentment, regret & shame is key.



Don't let regret creep in. Forget the past, talking about your ex, will make you think you need an apology.

In reality we need to forgive ourselves. We are only human.

8. Forgive , forgive, forgive. Forgive yourself. Let go of self-judgement and criticism. You will become a lot more compassionate with yourself. Embrace the humanness in all.

9. BE Patient with yourself as shifting these outdated patterns takes effort & time.

10. Acknowledge your wins along the way!

Do all things for you with LOVE.

A hand on the head and one on the heart...

I AM here. I AM doing my best. I trust the truth in my heart.

I am Ok. I am safe. I am loved.

Don't romanticize life like you can't survive without it.

Because you are it.





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10 Ways for Self Forgiveness – Lynn Steiner Gut Goddess



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