

THE PATH TO forgiveness



1 BE AWARE

Start to bring awareness to your thoughts and emotions. Try to recognize the mental chatter that tells you that you aren't 'enough.' Try to identify when you feel bad about yourself, needy, out-of-control, desperate or afraid. Pay attention when you're resisting, hesitating or procrastinating. The moment you recognize any of this, stop your outward action and simply pause.

2 GO DEEP

Next, go a little deeper and pay attention to what's going on inside. What do your thoughts and feelings stem from? How do they make your body feel? Can you recognize your thoughts and emotions as temporary, passing things? Don't run away from your uncomfortable feelings, don't get caught up in them, just delve in and pay attention to them.

3 BE KIND

Soften your feelings toward yourself and do yourself some unconditional kindness. I know this may seem silly, but try putting your hand over your heart and saying, "I don't want you to suffer. All of this may or may not be true, and it doesn't matter. I forgive you for everything. I want to love and accept you as you are." Tell yourself, "I am not what I do. I am not what I create. I am something far, far greater." The real forgiveness you're giving yourself is for ever believing you were something smaller.

4 GO CREATE

Finally, tell yourself that you can and will do better next time. Past failures don't define us or our future work. Being creative again and again, despite our mistakes, is the best way to continually forgive ourselves and keep learning and growing.