

# How to Forgive Yourself

*In six easy steps*

New Year's Resolutions can be hard to keep. When you break those resolutions, you need to forgive yourself and try again. Here are some easy steps to forgive yourself.

## **Acknowledge your mistakes**

# 1

When you acknowledge your mistakes out loud, it gives a voice to your mistakes and you take responsibility.

## **Take Care of Your Emotions**

# 3

Allow yourself to feel your emotions. Breathe in the positive and out the negative. Re-evaluate your feelings and try again.

## **Understand What Actions You Should Take**

# 5

If you had a buddy system, let them know you've messed up. Work with them to see what worked and what didn't.

# 2

## **Remember That it is a Learning Experience**

Remember your mistakes are not the end. You have the ability to try again because you learned what went wrong.

# 4

## **Be Patient With Yourself**

You are not going to fix everything overnight. When you realize this you can feel more compassion towards yourself. Be patient.

# 6

## **Make Goals to Become Better**

Goals are specific, measurable, accountable, and/or timely. Revisit your goals after a while to see what you did better on and what still needs work.

Remember that no matter what your resolutions are, you are on a path of learning and growth. Try not to feel too bad if you mess up. Life is full of mess ups and they just help us to be better.