

# PRACTICE FORGIVENESS

*Release Resentment To Heal, Grow, And Move Forward Freely*

	YES	NO
1 Have you acknowledged the pain or conflict that still lingers from your past?	<input type="checkbox"/>	<input type="checkbox"/>
2 Do you recognize how holding onto resentment may be affecting your peace of mind or health?	<input type="checkbox"/>	<input type="checkbox"/>
3 Have you tried to see the situation from the other person's perspective, even if you disagree?	<input type="checkbox"/>	<input type="checkbox"/>
4 Do you believe that forgiveness is primarily for your own healing—not just for the other person?	<input type="checkbox"/>	<input type="checkbox"/>
5 Have you released the need for revenge, retribution, or constant rehashing of the story?	<input type="checkbox"/>	<input type="checkbox"/>
6 Do you practice self-forgiveness for past mistakes, regrets, or choices?	<input type="checkbox"/>	<input type="checkbox"/>
7 Have you let go of relationships, roles, or expectations that no longer serve your well-being?	<input type="checkbox"/>	<input type="checkbox"/>
8 Do you use techniques like journaling, meditation, or counseling to work through emotional pain?	<input type="checkbox"/>	<input type="checkbox"/>
9 Are you able to set boundaries while still choosing peace over bitterness?	<input type="checkbox"/>	<input type="checkbox"/>
10 Do you feel lighter, freer, or more at peace after consciously letting go of emotional burdens?	<input type="checkbox"/>	<input type="checkbox"/>

**QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR**



THE CENTER FOR  
RETIREMENT READINESS

## What Your Answers Might Mean:



**7–10 Yes Answers:** You Are Living With Emotional Freedom And Grace: Your ability to forgive and let go is creating space for peace, healing, and a deeper sense of clarity in your life.



**4–6 Yes Answers:** You're On The Right Path But Still Have Work To Do: You're beginning the process of release, and with continued intention and self-compassion, you can fully free yourself from the past.



**0–3 Yes Answers:** You May Be At Risk And Need To Take Immediate Action: Unresolved pain may be limiting your growth—now is the time to begin the journey of forgiveness and reclaim your emotional well-being.