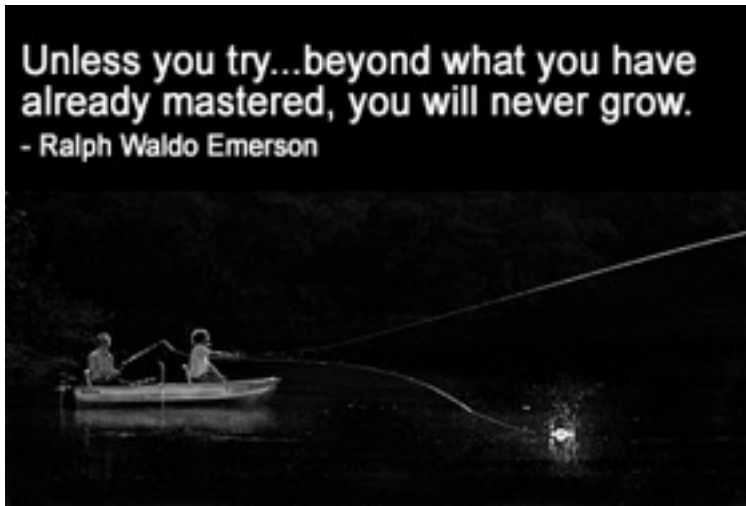


# *Forgiveness is a Gift!*

Forgiveness is a gift I give myself. By forgiving others, I set myself free and



Unless you try...beyond what you have already mastered, you will never grow.  
- Ralph Waldo Emerson

can move on with my retired life. **When I forgive, I am being strong and making my own life easier.**

While many people might struggle to forgive others, I find it very easy. I always feel better after forgiving others. Once I forgive someone, I am free — exactly what I want to be in

retirement. Let it go!

I find that forgiving others becomes easier as I get older. Age and wisdom make it clearer to me that forgiveness is the smart solution. Forgiveness is free and provides so much. It is one of the great bargains in the universe.

I may struggle occasionally to forgive someone. But once I realize that I am only hurting myself in the process of holding on to that anger, I find it easy to forgive. I immediately feel better, freer, and lighter. I want that feeling more and more as I age.

When my heart is light, life is more enjoyable. I am more open to the positive aspects of life. **I choose to be light and free of anger...** I don't want to be the grumpy ole senior.

I am able to forgive most transgressions quickly and easily. Others may take a little more work, but I always get there.

**Today, I am forgiving everyone.** I am even forgiving myself. Forgiving makes me light and free; I choose to forgive and forget.

## **Self-Reflection Questions:**

What resentments from the past am I holding on to? What could I forgive right now? Am I good at forgiving others? If not, why? What possible good does it do to hold that anger? Nothing good, only bad energy.