

# I FORGIVE EASILY

**[CHORUS]**

**I CHOOSE TODAY TO BE FREE  
OF THE PAIN**

**I FORGIVE EASILY**

**FORGIVENESS FEELS GOOD TO ME**

**I LET IT GO NATURALLY**

**OOOOO, BREAKIN' THE CHAINS TO THE PAST**

**OOOO, MY BLISS IS HERE AT LAST**

**OOOOO, I CAN FORGIVE EASILY**

**LETTING GO OF RESENTMENT**

**I KNOW IT IS FOR THE BEST**

**I'M TAKING MY LIFE BACK**

**SO GRATEFUL FOR THE SHIFT**

**FORGIVENESS IS A POWERFUL GIFT**

**THAT I'VE GIVEN MYSELF**

**IT DOESN'T MEAN I WILL FORGET**

**JUST GIVES ME A NEW MINDSET**

**[REPEAT CHORUS]**

**COMPASSION IS A PRACTICE**

**EMPATHY IS WITHIN ALL OF US**

**USING LOVE AS MY GUIDE**

**WE ALL HAVE A DARK AND LIGHT SIDE**

**HELD ONTO THE ANGER FOR TOO LONG**

**GRIEVING WILL MAKE ME STRONG**

**THIS IS HOW IT SUPPOSED TO BE**

**LIVIN' MY LIFE CAREFREE**

**[REPEAT CHORUS]**

**OOOOO, I'M LIVIN JOYFULLY**



# MINDFUL MOMENTS



# MY JOURNAL



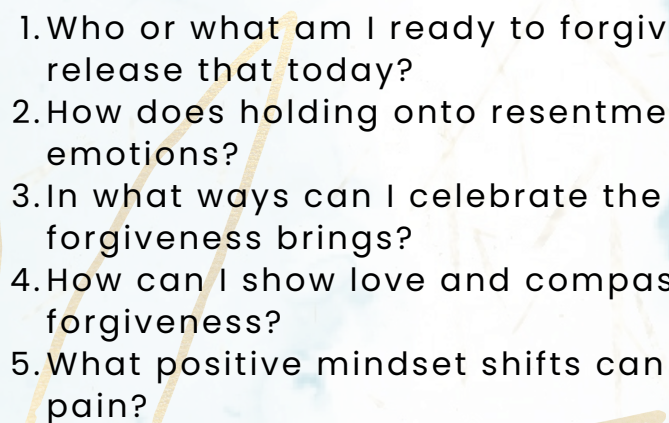
## *Why Journaling Helps You Heal & Shift Your Mindset*

Journaling is a powerful way to process, release, and realign your thoughts. Writing things down by hand makes the experience deeper than typing—it slows you down, engages your brain differently, and helps you truly connect with what you feel.

- Releases emotions – Gets thoughts and feelings out of your head and onto paper.
- Brings clarity – Helps you see situations and patterns more clearly.
- Tracks growth – Looking back shows progress you may not notice day-to-day.
- Strengthens intention – Writing creates a stronger mind-body connection than keeping everything in your head.
- Encourages healing – Shifts negative cycles into empowering insights.


Remember, there's no "right" way to journal. Use the prompts often, repeat them as you grow, and let your pages reflect your journey.

## *Journal Prompts for I Forgive Easily*

1. Who or what am I ready to forgive, and how can I begin to release that today?
  2. How does holding onto resentment affect my energy, body, and emotions?
  3. In what ways can I celebrate the freedom and peace that forgiveness brings?
  4. How can I show love and compassion to myself as I practice forgiveness?
  5. What positive mindset shifts can I embrace to let go of past pain?
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I forgive  
easily and  
allow peace  
to flow  
through me.

Forgiveness is  
a gift I give to  
myself, not  
anyone else.

I release the  
weight of  
resentment  
and set myself  
free.

Each breath I  
take clears  
away old  
hurts.

I feel relaxed,  
strong, and  
proud of my  
ability to  
forgive.

Forgiveness  
does not  
mean I forget;  
it means I  
reclaim my  
freedom.

Forgiveness  
brings me  
peace and  
healing.

I forgive  
myself for  
past mistakes  
and choose  
growth.