

# *Grace Over Guilt*

## *Forgiveness Workbook*



*FAITH AND WELLNESS HAVEN*



*Hey there, friend!*  
*We all make mistakes, especially*  
*when it comes to our health journeys.*

*This workbook is designed to help*  
*you process any past food mistakes,*  
*release feelings of guilt and shame,*  
*and embrace God's forgiveness and*  
*grace.*

*Remember, you are loved*  
*unconditionally, and every day is a*  
*new beginning.*

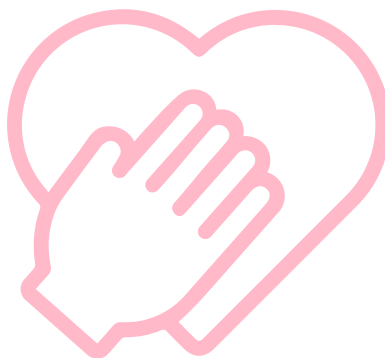


*FAITH AND WELLNESS HAVEN*



# ***IDENTIFYING THE MISTAKE***

## ***HONEST REFLECTION***



**Sweet friend, I want us to start by gently taking a look at what happened. This isn't about judging yourself, but simply understanding the situation a little better.**

**Think of it like retracing your steps on a map just so we know which way to go next time!**





## *IDENTIFYING THE MISTAKE*

### *HONEST REFLECTION*

- ◆ Describe the specific food mistake you'd like to address. (Be specific: What did you eat? When did it happen? What were the circumstances?)

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- ◆ What emotions did you experience before, during, and after the incident? (e.g., stress, sadness, boredom, guilt, shame)

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- ◆ What negative thoughts or self-talk did you have following the mistake? (e.g., "I'm a failure," "I'll never reach my goals," "I have no willpower")

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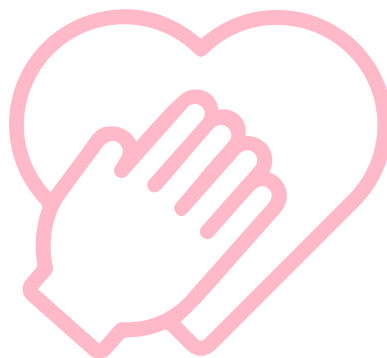
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# ***UNDERSTANDING THE ROOT***

*EXPLORING UNDERLYING CAUSES*



**Now, let's do a little detective work, shall we?  
Sometimes, there are little sneaky reasons behind our  
choices.**

**I want us to explore what might have been going on  
deep down, so we can understand ourselves a little  
better and make healthier choices in the future.**

**No pressure, just gentle curiosity!**





## *Understanding the Root*

### *Exploring Underlying Causes*

- ◆ Were there any triggers or contributing factors that led to this mistake? (e.g., emotional stress, lack of planning, social pressure, specific environments)

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- ◆ What needs were you trying to meet (or avoid) through this food choice? (e.g., comfort, stress relief, connection, distraction)

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- ◆ Looking back, what could you have done differently in that situation? (Focus on practical strategies, not self-criticism.)

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# ***RECEIVING GOD'S FORGIVENESS***

## *SCRIPTURAL REFLECTION*



**Here's the best part, my dear: God loves you,  
imperfections and all.**

**Soak in some beautiful truths from His Word about  
forgiveness and grace.**

**Think of this section as a warm hug for your soul.**





## *Receiving God's Forgiveness*

### *Scriptural Reflection*

- ◆ Read 1 John 1:9: "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." How does this verse speak to you regarding this specific food mistake?

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- ◆ Reflect on Romans 8:1: "Therefore, there is now no condemnation for those who are in Christ Jesus." What does it mean to you that there is no condemnation in Christ?

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- ◆ Spend a moment in prayer, confessing your mistake to God and asking for His forgiveness. Imagine Him extending His loving grace towards you.

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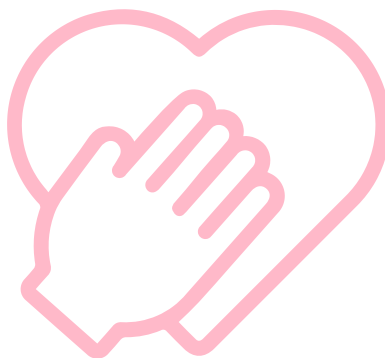
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# ***EXTENDING FORGIVENESS TO YOURSELF***

## ***SELF-COMPASSION AND GRACE***



**Now, it's time to show yourself the same kindness and compassion that God so freely gives to us.**

**We must replace those harsh inner critic voices with gentle whispers of love and understanding.**

**You deserve grace, sweet one!**





## *Extending Forgiveness to Yourself*

### *Self-Compassion and Grace*

- ◆ Imagine a dear friend came to you with a similar struggle. What words of comfort, encouragement, and understanding would you offer them? Now, offer those same words to yourself.

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- ◆ Reflect on Ephesians 2:8-9: "For it is by grace you have been saved, through faith and this is not from yourselves, it is the gift of God not by works, so that no one can boast." How does understanding God's grace impact your ability to forgive yourself?

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- ◆ What is one small act of self-care you can do today to show yourself kindness and compassion?

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# ***MOVING FORWARD WITH FAITH***

## ***ACTION AND HOPE***



**Okay, lovely, we are now going to look ahead with hope  
and trust.**

**We are not dwelling on the past, we are learning from it  
and moving forward with faith.**

**Think of this section as a little plan for your bright  
future, with God by your side every step of the way.**





## *Moving Forward with Faith*

### *Action and Hope*

- ◆ What practical steps can you take to prevent similar mistakes in the future? (e.g., meal planning, finding healthy coping mechanisms for stress, building a strong support system)

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- ◆ What positive changes are you committed to making in your journey towards a healthier lifestyle?

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- ◆ How can you rely on God's strength and guidance to help you stay on track and overcome future challenges?

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*Remember, dear friend, God's grace is  
sufficient for you.*

*He loves you unconditionally, and He  
is with you every step of the way.*

*Embrace His forgiveness, extend that  
same forgiveness to yourself, and  
move forward with faith, hope, and  
love.*

*xoxo,  
Coach Crystal*



*FAITH AND WELLNESS HAVEN*