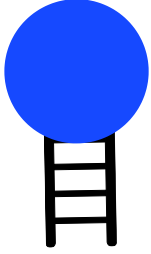


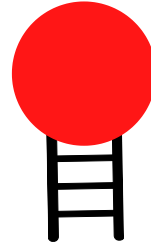


## 5 STEPS TO BEGIN YOUR JOURNEY TO FORGIVENESS



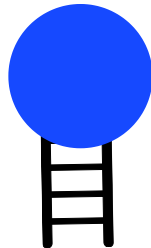
### Step 1

**Your most important step - prepare yourself mentally, spiritually and emotionally to start the journey.**



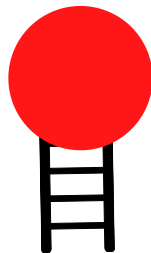
### Step 2

**Acknowledge the violations/wrongs /hurt was real and part of your reality.**



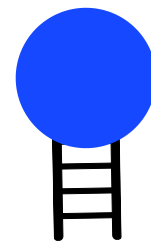
### Step 3

**Acknowledge that you may or can never revert or change certain things.**



### Step 4

**Focus and stick to the decision and personal commitment to forgive and setting yourself free.**



### Step 5

**Remember as much as its about forgiving others its more so about you being free and finding peace**

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