



# Forgiveness & Healthy Communication Coaching Timeline

<p><b>Session 1</b> Setting Forgiveness Goals</p>	<ul style="list-style-type: none"> <li>• Creating your forgiveness inventory</li> <li>• Embracing a new way of being</li> <li>• Practicing forgiveness</li> </ul>	<p>(your session date here)</p>
<p><b>Session 2</b> Forgiving Yourself</p>	<ul style="list-style-type: none"> <li>• Importance of self-forgiveness</li> <li>• Releasing regret and practicing intuition</li> <li>• Finding the truth in your story</li> </ul>	<p>(your session date here)</p>
<p><b>Session 3</b> Forgiving Others</p>	<ul style="list-style-type: none"> <li>• Awareness of programming</li> <li>• From criticism to compassion</li> <li>• From selfishness to generosity</li> </ul>	<p>(your session date here)</p>
<p><b>Session 4</b> Healthy Communication</p>	<ul style="list-style-type: none"> <li>• Healthy communication strategies</li> <li>• Level up your listening skills</li> <li>• Presumptions</li> </ul>	<p>(your session date here)</p>
<p><b>Session 5</b> Celebrating Forgiveness</p>	<ul style="list-style-type: none"> <li>• Making apologies</li> <li>• Visualize forgiveness</li> <li>• <b>GUIDED:</b> Forgiveness &amp; loving kindness meditations</li> </ul>	<p>(your session date here)</p>

## Action Items

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## Appointments


## Reminders






# WEEKLY REFLECTION

What did I achieve this week?

What did I learn this week?



What made me happy this week?

What was challenging this week?



Best moment of the week:

Intentions for next week:

