



## Why is forgiveness so important for success?

NAME:

DATE:

This worksheet is a supplement training guide to “Why is forgiveness so important for success?” video published on October 22, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

The path of forgiveness represents growth and can help us to reach a new well-being. It is an incredibly important habit, both in business and in life. It brings back serenity and calmness as well as the possibility to carry on with the path of our lives that was blocked before. In today's video, I discuss the value and steps of forgiveness.

*Are you able to forgive yourself, or others?*

### 4 Steps to forgiveness:

1. Forgiveness is not about them, it's about you
2. Practice Empathy
3. Calm Fight or Flight
4. Practice makes perfect

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