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*I Will Greet This Day With a Forgiving Spirit.*

*The Compassionate Decision*

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I will forgive even those who do not ask for forgiveness. I will forgive those who criticize me unjustly. I will forgive myself.

I WILL GREET THIS DAY WITH A FORGIVING SPIRIT.

I realize today that it is impossible to fight an enemy living in my head. By forgiving myself, I erase the doubts, fears, and frustration that have kept my past in the present. From this day forward, my history will cease to control my destiny. I have forgiven myself. My life has just begun.

I will greet this day with a forgiving spirit. I will forgive myself. For many years, my greatest enemy has been myself. Every mistake, every miscalculation, every stumble I made has been replayed over and over in my mind. Every broken promise, every day wasted, every goal not reached has compounded the dis­gust I feel for the lack of achievement in my life. My dismay has developed a paralyzing grip. When I dis­appoint myself, I respond with inaction and become more disappointed.

Those who are critical of my goals and dreams simply do not understand the higher purpose to which I have been called. Therefore, their scorn does not affect my attitude or action. I forgive their lack of vision and forge ahead. I now know that receiving criticism is part of the price paid for leaping past mediocrity.

Knowing that slavery, in any form, is wrong, I also know that the person who lives a life according to the opinion of others is a slave. I am not a slave. I have chosen my own counsel. I know the difference between right and wrong. I know what is best for the future of my family, and neither misguided opinion nor unjust criticism will alter my course.

I will greet this day with a forgiving spirit. I will forgive those who criticize me unjustly.

I will now and forevermore silently offer my forgiveness even to those who do not see that they need it. By the act of forgiving, I am no longer consumed by unproductive thoughts. My bitterness is given up. I am contented in my soul and effective again with my fellow man.

I will greet this day with a forgiving spirit. I will forgive even those who do not ask for forgiveness. Many are the times when I have seethed in anger at a word or deed thrown into my life by an unthinking or uncaring person. Valuable hours have been wasted imagining revenge or confrontation. Now I see the truth revealed about this psychological rock inside my shoe. The rage I nurture is often one-sided, for my offender seldom gives thought to his offense!

No more! At this moment, my life has taken on new hope and assurance. Of all the world’s population, I am one of the few possessors of the secret to dissipating anger and resentment. I now understand that **forgiveness only has value when it is given away**. By the simple act of granting forgiveness, I release the demons of the past about which I can do nothing and create in myself a new heart, a new beginning.

forgiveness that I hoarded has sprouted inside my heart like a crippled seed yielding bitter fruit.

For too long, every ounce of forgiveness I owned was locked away, hidden from view, waiting for me to bestow its precious presence upon some worthy person. Alas, I found most people to be singularly unworthy of my valuable forgiveness and, since they never asked for any, I kept it all for myself. Now, the