

Finding Happily

Through Forgiveness & Gratitude

By

Collette Gee



Finding Happiness is not an ending; it's a journey. And, in this journey that I like to call life, it is essential for each of us to tap into the power of gratitude and forgiveness. For some this will seem hard, or challenging or like you just can't do it, nevertheless you must, and you will with the help of this simple and easy guide.

We've all gone through some compelling life challenges, and sometimes others hurt us, sometimes we hurt ourselves. The problem is that we get lost in our pain and suffering, and are either unwilling to move forward, or don't know how to move forward. But, it is imperative – particularly when we feel stuck – that we break free and move forward, and we can through the process of gratitude and forgiveness.

Some years ago I learned the value and meaning of gratitude and forgiveness. I lost my entire family and nearly lost my life because I was in a domestic abusive marriage. I was homeless, broken and alone and I didn't know what would become of me or what I could do for that matter. However, after some time I realized that if I didn't do something to change the direction of my life, that I would continue to be a victim of my past experiences.

Now, I'm not saying that picking up the pieces to my life was easy because it wasn't. It was hell! And, I was stuck in a very dark space. But I knew that in order for me to truly be free from the grips of my abuser, and to truly move forward in my life, that I would have to free myself, and I did, through forgiveness and gratitude.

The Benefits of Gratitude and Forgiveness

I am not certain if it matters which comes first, gratitude or forgiveness, but I know that you cannot have one without the other as the two work together harmoniously, though not necessarily simultaneously.

Both gratitude and forgiveness are the most essential tools for inner work for our mind, body and spirit. I say this because even when I didn't want to forgive my ex-husband for all of the pain and suffering, I knew that the only way I could move forward was to forgive him and show gratitude for my life and everything in it.

Now, I can appreciate that most people aren't hardwired to quickly forgive or forget, let alone to be grateful after we feel that we were hurt or wronged by someone that we loved. However, when we recognize and accept the benefits of these powerful processes we will be able to navigate peacefully and prosperously through life's challenges.

Below are a list of benefits of gratitude and forgiveness:

Gratitude

- Through gratitude we get to recognize, acknowledge and be grateful for our lives and all that we have.
- Gratitude helps us keep things in perspective, allowing us to focus on the good things, not dwell on the bad.
- Gratitude forces us to reflect on past situations, and by acknowledging the past we learn and grow.
- Gratitude allows us to accept that which we have no power and control over.
- Gratitude helps us to become more open, and available to better solutions and opportunities.
- Gratitude creates an increase in joy, happiness and overall satisfaction because when we focus on the things we're grateful for, we amplify good memories about our past.

Forgiveness

- Forgiveness allows us to free ourselves, and release others from their debts.
- The act that hurt or offended us might always remain a part of our life, but forgiveness can lessen its grip on us and help us focus on other, more positive parts of our life.
- Forgiveness allows us to let go of resentment whilst embracing acceptance.
- Forgiveness leads to compassion and empathy for ourselves and or for the one who may have hurt us.
- While forgiveness doesn't mean that we deny the other person's responsibility for hurting us; in no way does it minimize or excuse the act, it will however bring forth a kind of inner peace that will help us let go of the power that the act has over us.

What are the benefits of forgiving someone?

Letting go of grudges and bitterness can make way for happiness, health and peace. Forgiveness can lead to:

- Healthier relationships
- Greater spiritual and psychological well-being
- Less anxiety, stress and hostility
- Lower blood pressure
- Fewer symptoms of depression
- Stronger immune system
- Improved heart health
- Higher self-esteem

Why is it so easy to hold a grudge?

When someone that we love and trust hurts us, we might become angry, sad or confused. If we dwell on hurtful events or situations, grudges filled with resentment, vengeance and hostility can take root. If we allow negative feelings to crowd out positive feelings, we might find ourselves swallowed up by our own bitterness or sense of injustice.

What are the effects of holding a grudge?

If we're unforgiving, we might:

- Bring anger and bitterness into every relationship and new experience.
- Become so wrapped up in the wrong that you can't enjoy the present.
- Become depressed or anxious.
- Feel that our life lacks meaning or purpose, or that we're at odds with our spiritual beliefs
- Lose valuable and enriching connectedness with others

How to reach a state of forgiveness?

Forgiveness is a commitment to a process of change. To begin, we might:

- Consider the value of forgiveness and its importance in our life at a given time.
- Reflect on the facts of the situation, how we've reacted, and how this combination has affected our life, health and well-being
- Actively choose to forgive the person who's offended us, when we're ready.
- Move away from our role as a victim and release the control and power the offending person and situation have had in our life.

As we let go of grudges, we'll no longer define our life by how we've been hurt. We might even find compassion and understanding.

People struggle with hurts both big and small throughout their lives, and what stands between many of us and a happy life is the often-elusive process of gratitude and forgiveness. Learning how to forgive lessens the amount of hurt, anger, stress and depression that people experience. While gratitude allows us to see all that we have to be thankful for.

Forgiveness isn't about the other person or about making someone else apologize or change — it's about setting ourselves free. "It's about releasing the impact of a loss or a disappointment or an upset, releasing it from ourselves so we can go forward and not be continually reminded or triggered about this upsetting thing. Not forgiving creates an emotional prison and it ties us to that person or an event that usually we'd rather forget [but] we're unable to.

So you think in your mind that you're holding a grudge or making them pay, but in effect, once you finally forgive, it's like you're unlocking that prison door and you realize the person being released is you, not the other person. When you carry a grudge, they don't suffer — you suffer.

By practicing forgiveness, people are better able to accept and love life as it is and accept others as they are. "It's a life skill and a health habit that I think everyone needs because we will regularly be disappointed by people and circumstances.

Forgiveness gives the ability to say, 'I was expecting this, but this happened, [and] I have to release that expectation in order to have a happy day.

How to reach a state of gratitude?

"What we think about and THANK about is what we bring about"
– The Secret

When we focus our attention onto all of the things that we are grateful for, the Universe brings us more things to be grateful for. Why? Because our intentions are set in harmony with our attention, for example: When we grateful for all that we have, our mind creates and seeks to find more things to be grateful for, rather than the things we don't want.

Gratitude keeps us looking forward to the good in our lives, and prevents us from focusing on the lack or the limited supply of things we don't have.

How to use this e-Book

First, print the entire booklet. This process is done in handwriting. Handwriting is an Ideomotor Response. It gets into the unconscious because it is a kinesthetic movement. And because you're writing this process out 70X's you're saying this to yourself, thus forgiveness and becomes a part of your unconscious and conscious thoughts.

Why Seventy Times?

It takes twenty-one days to form a habit, and so when you multiply 70X7 that's a lot of time, thus creating a habit.

Second, select a time of day to do this process. You may do this process in one sitting or divide the process up into mornings and evenings.

Lastly, you will begin the forgiveness process by first, and only forgiving yourself for the first seven days.

For example: (for the first seven days you forgive only yourself. You don't move on until you've forgiven yourself)

I (your full name) forgive myself wholly and completely

After the first seven days, you can move on and begin forgiving someone else.

For example: I (your full name) forgive (the name of the person you're forgiving) wholly and completely.

Note: You can forgive whomever you want. There is no order to who you forgive or the reason you feel you need to forgive them. You don't have to have a grudge against the person you're forgiving.

For the gratitude process: Print out 21 copies, (could be front and back) and then for 21 days write down 21 things, people or experiences you are grateful for.

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"When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free."

- Katherine Ponder

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**"Forgiveness is me giving up my right to hurt
you for hurting me."
- Anonymous**

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**"To forgive is to set a prisoner free and
discover that the prisoner was you."**

- Louis B. Smedes

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**"The weak can never forgive. Forgiveness is
the attribute of the strong."**

- Mahatma Gandhi

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**"Forgiveness does not change the past, but it
does enlarge the future."**

- Paul Boese

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"If you can't forgive and forget, pick one."

- Robert Brault

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"Forgive all who have offended you, not for them, but for yourself."

- Harriet Nelson

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I have learned that sometimes "sorry" is not enough. Sometimes you actually have to change.

- Claire London

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Mistakes are always forgivable, if one has the courage to admit them.

- Bruce Lee

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Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

- Martin Luther King, Jr.

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Forgiveness is not always easy. At times, it feels more painful than the wound we suffered, to forgive the one that inflicted it. And yet, there is no peace without forgiveness.

- Marianne Williamson

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**Never forget the three powerful resources
you always have available to you: love,
prayer and forgiveness.**

- H. Jackson Brown Jr.

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Forgiveness is a virtue of the brave.

- Indira Gandhi

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We cannot embrace God's forgiveness if we are so busy clinging to past wounds and nursing old grudges.

- T.D. Jakes

The Forgiveness Process

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The Forgiveness Process

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To err is human; to forgive divine.

- Alexander Pope

The Forgiveness Process

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It's not an easy journey, to get to a place where you forgive people. But it is such a powerful place, because it frees you..

- Tyler Perry

The Forgiveness Process

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The Forgiveness Process

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It's one of the greatest gifts you can give yourself, to forgive. Forgive everybody.

- Maya Angelou

The Forgiveness Process

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21-Days of Gratitude

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As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

- John F. Kennedy

Date

Signature

21-Days of Gratitude

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" 'Thank You' is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility and understanding"

- Alice Walker

Date

Signature

21-Days of Gratitude

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"One looks back with appreciation to the brilliant teachers, but with gratitude to those who touched our human feelings. The curriculum is so much necessary raw material, but warmth is the vital element for the growing plant and for the soul of the child."

- Carl Jung

Date

Signature

21-Days of Gratitude

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"Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation."

- Brian Tracy

Date

Signature

21-Days of Gratitude

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"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude"
- Dennis Watley

Date

Signature

21-Days of Gratitude

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"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for."

- Zig Ziglar

Date

Signature

21-Days of Gratitude

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I have learned that sometimes "sorry" is not enough. Sometimes you actually have to change.

- Claire London

Date

Signature

Bonus Section

True Colors Personality Quiz

Describe Yourself: In the boxes below are groups of word clusters printed horizontally in rows. Look at all the choices in the first box (A, B, C, D). Read the words and decide which of the four letter choices is most like you.

Give that a "4". Then rank order the next three letter choices from 3-1 in descending preference. You will end up with a box of four letter choices, ranked from "4" (most like you) to "1" (least like you). Continue this process with the remaining four boxes until each have a 4, 3, 2, and 1.

Box One

A____	B____	C____	D____
Active	Parental	Authentic	Versatile
Opportunistic	Traditional	Harmonious	Inventive
Spontaneous	Responsible	Compassionate	Competent

Box Two

E____	F____	G____	H____
Curious	Unique	Practical	Competitive
Conceptual	Empathetic	Sensible	Impetuous
Knowledgeable	Communicative	Dependable	Impactful

Box Three

I____	J____	K____	L
Loyal	Devoted	Realistic	Theoretical
Conservative	Warm	Open-minded	Seeking
Organized	Poetic	Adventuresome	Ingenious

Box Four

M____	N____	O____	P____
Concerned	Daring	Tender	Determined
Procedural	Impulsive	Inspirational	Complex
Cooperative	Fun	Dramatic	Composed

Box Five

Q____	R____	S____	T____
Philosophical	Vivacious	Exciting	Orderly
Principled	Affectionate	Courageous	Conventional
Rational	Sympathetic	Skillful	Caring

A, H, K, N, S Orange = _____
C, F, J, O, R Blue = _____

B, G, I, M, T Gold = _____
D, E, L, P, Q Orange = _____

BLUE

I need to feel unique and authentic
Enthusiastic, Sympathetic, Personal
I look for meaning and significance in life
Warm, Communicative, Compassionate
I need to contribute, to encourage, and to care
Idealistic, Spiritual, Sincere
I value integrity and unity in relationships
Peaceful, Flexible, Imaginative
I am a natural romantic, a poet, a nurturer

In childhood...

- I was extremely imaginative and found it difficult to fit into the structure of school life.
- I reacted with great sensitivity to discordance or rejection and sought recognition.
- I responded to encouragement rather than competition.

In relationships...

- I seek harmonious relationships.
- I am a true romantic and believe in drama, warmth, and empathy to all relationships.
- I enjoy the symbols of romance such as flowers, candlelight, and music and cherish the small gestures of affection.

At work...

- I have a strong desire to influence others so they may lead more significant lives.
- I often work in the arts, communication, education, and helping professions.
- I am adept at motivating and interacting with others.

Leadership Style...

- Expect others to express views
- Assumes "family spirit"
- Works to develop others' potential
- Individuals oriented
- Democratic, unstructured approach
- Encourages change VIA human potential
- Change time allows for sense of security
- Expects people to develop their potential

Symptoms of a Bad day...

- Attention-getting misbehaving
- Lying to save face
- Withdrawal
- Fantasy, day-dreaming, and going into a trance
- Crying and depression
- Passive resistance
- Yelling and screaming

GOLD

I need to follow rules and respect authority

Loyal, Dependable, Prepared

I have a strong sense of what is right and wrong in life

Thorough, Sensible, Punctual

I need to be useful and belong

Faithful, Stable, Organized

I value home, family, and tradition

Caring, Concerned, Concrete

I am a natural preserver, a parent, a helper

In childhood...

- I wanted to follow the rules and regulations of the school.
- I understood and respected authority and was comfortable with academic routine.
- I was the easiest of all types of children to adapt to the education system.

In relationships...

- I am serious and tend to have traditional, conservative views of love and marriage.
- I enjoy others who can work along with me, building secure, predictable relationships together.
- I demonstrate admiration through the practical things I do for the ones I love.

At work...

- I provide stability and can maintain organization.
- My ability to handle details and to work hard makes me the backbone of many organizations.
- I believe that work comes before play, even if I must work overtime to complete the task.

Leadership Style...

- Expects punctuality, order, loyalty
- Assumes "right" way to do things
- Seldom questions tradition
- Rules oriented
- Detailed/thorough approach - threatened by change
- Prolonged time to initiate any change
- Expects people to "play" their roles

Symptoms of a Bad day...

- Complaining and self-pity
- Anxiety and worry
- Depression and fatigue
- Malicious judgments about yourself or others
- Herd mentality exhibited in blind following of leaders

ORANGE

I act on a moment's notice

Witty, Charming, Spontaneous

I consider life a game, here and now

Impulsive, Generous, Impactful

I need fun, variety, stimulation, and excitement

Optimistic, Eager, Bold

I value skill, resourcefulness, and courage

Physical, Immediate, Fraternal

I am a natural trouble-shooter, a performer, a competitor

In childhood...

- Of all types of children, I had the most difficult time fitting into academic routine.
- I learned by doing and experiencing rather than by listening and reading.
- I needed physical involvement in the learning process and was motivated by my own natural competitive nature and sense of fun.

In relationships...

- I seek a relationship with shared activities and interests.
- I like to explore new ways to energize the relationship.
- In a relationship, I need to be bold and thrive on physical contact.
- I enjoy giving extravagant gifts that bring obvious pleasure to special people in my life.

At work...

- I am bored and restless with jobs that are routine and structured.
- I am satisfied in careers that allow me independence and freedom, while utilizing my physical coordination and my love of tools.
- I view any kind of tool as an extension of myself.
- I am a natural performer.

Leadership Style...

- Expects quick action
- Works in the here and now
- Performance oriented
- Flexible approach
- Welcomes change
- Expects people to "make it fun"

Symptoms of a Bad day...

- Rudeness and defiance
- Breaking the rules intentionally
- Running away and dropping out
- Use of stimulants
- Acting out boisterously
- Lying and cheating
- Physical aggressiveness

GREEN

I seek knowledge and understanding

Analytical, Global, Conceptual

I live by my own standards

Cool, Calm, Collected

I need explanation and answers

Inventive, Logical, Perfectionist

I value intelligence, insight, fairness, and justice

Abstract, Hypothetical, Investigative

I am a natural non-conformist, a visionary, a problem solver

In childhood...

- I appeared to be older than my years achieving in subjects that were mentally stimulating.
- I was impatient with drill and routine, questioned authority, and found it necessary to respect teachers before I could learn from them.

In relationships...

- I prefer to let my head rule my heart.
- I dislike repetition, so it is difficult for me to continuously express feeling.
- I am uneasy when my emotions control me; I want to establish a relationship, leave it to maintain itself, and turn my energies to my studies, work or other interests.

At work...

- I am conceptual and an independent thinker. For me, work is play.
- I am drawn to constant challenge in careers, and like build systems to satisfy my need for innovation.
- Once I have perfected an idea, I prefer to move on, leaving the project to be maintained and supported by others.

Leadership Style...

- Expects intelligence and competence
- Assumes task relevancy
- Seeks ways to improve systems
- Visionary
- Analytical
- Encourages change for improvement
- Constantly “in process” of change
- Expects people to follow through

Symptoms of a Bad day...

- Indecisiveness
- Refusal to comply or cooperate; the silent treatment
- Extreme aloofness and withdrawal
- Snobbish, put-down remarks, and sarcasm
- Perfectionism due to severe performance anxiety
- Highly critical attitudes toward yourself or others

