



REVIEW ACTIVITY

Chapter 11

Some questions to consider:

Has anyone offended you whom you need to forgive?

How would you benefit by practicing forgiveness?

In the past, have you been able to let go of the need to punish yourself?

□ When have you felt a greater sense of appreciation, wonder, or enjoyment in your life?

□ What transcendence practices have you regularly engaged in that provided uplifting influences?

□ What additional transcendent practices would be worth considering?

Record any thoughts you have about forgiveness and transcendence.

[\[Link\]](#)Download a PDF of the Chapter 11 Additional Activities, “Developing Forgiveness.”