



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?

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