GGC-November 2025 Takeaway Sheet Week 1:11-3-25

% Takeaway Sheet

Forgiving Yourself — Releasing the Grip of Past Mistakes

% 1. Why Self-Forgiveness is Often the Hardest Kind

- You can't heal what you're still punishing yourself for.
- We often hold ourselves to standards we'd never expect from others.
- Forgiving yourself opens the door to real peace.

2. Recognizing the Difference Between Guilt and Growth

- Guilt says "I did something wrong." Growth says, "I've learned from it."
- Healthy reflection leads to change shame leads to stuckness.
- You're allowed to outgrow who you used to be.

🔆 3. Understanding That You Are Allowed to Evolve and Change

- Change isn't betrayal it's brave.
- You don't need permission to grow beyond your past.
- Who you were then doesn't limit who you can become now.

94. Reframing Mistakes as Stepping Stones, Not Labels

- Mistakes don't define you they refine you.
- Every stumble holds wisdom if you're willing to receive it.
- You're writing your next chapter and grace gets to hold the pen.