



Worksheet: “*Micro-Forgiveness in Daily Life*”

Forgiveness - November 2025

Week 4 - 11-24-25

Name 3 common frustrations you experience in a typical week:

1.

2.

3.

What do these moments cost you emotionally?

(Examples: energy, focus, sleep, joy)

In what ways can you respond differently next time?

(Examples: pause before responding, journal it out, talk it out with a trusted friend)

A gentle phrase to tell yourself in the moment:



“

”

Space to Reflect:

What would it feel like to give yourself grace in these moments?

How can you practice that starting today?