



### Manifest Your Divine You, Life Coaching Assessment

Forgiveness is a choice that we make that does not depend on the actions or the understanding of the other person/s. We will all face situations in our lives that lead us to the answers we find in forgiving others. Forgiveness is not a simple task and requires us to revisit some of the offenses caused by others with a different perspective and intention on our end. When we commit to forgiving a person, we will be able to validate our emotions as well as separate ourselves from the pain the other person has caused. Forgiveness is a process and a commitment we make to ourselves.

---

*Answer the following questions to determine if you are ready to commit to your choice of forgiveness.*

Rate yourself on a scale of 1-5

1= strongly disagree

2= disagree

3= neither agree or disagree

4= agree

5= strongly agree

1. I think about the offense caused by the other person several times a day.
2. When I think about the offense, I get very angry.
3. In order to continue in this relationship, I need the other person to understand where I am coming from.
4. I am ready to speak openly and honestly to my life coach of how I felt about the offense.
5. I am willing to offer compassion toward my offender.
6. I am ready to explore more of the reasons why the person who has offended me has acted inappropriately toward me.
7. My emotions are managed well when I have to see or talk to this person.
8. I know what I have to do in order to let go of the offense.

9. I believe that I will need help from my faith in order to forgive.
10. I cannot let go of how I feel about the offense.
11. I want the other person to change.
12. I expected that this person would not have treated me in the manner that has caused me pain.
13. I love this person.
14. I hate this person.
15. If given the opportunity to speak my truth directly to this person, I would want them to respond a certain way.

60-75- You are emotionally aware of the difficult work it is going to take from you in order to truly forgive this person. You are headed in the right direction and only need support that will allow you to process through forgiveness successfully.

45-60- You have been trying to forgive without the proper emotional tools needed that will facilitate your forgiveness. You are closer to forgiving this person than you think and you will be successful with a few life coaching sessions.

15-45- Forgiveness seems like a daunting task for you right now and perhaps has become impossible for you to see the light in this dark place. The fact that you have taken this assessment is the beginning of you forgiving. You will need several life coaching sessions to assist you in furthering your process toward forgiveness.