



# June 2025

## RESENTFUL

IS 201  
Mending  
H.E.A.R.T. Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 I release all resentment and embrace forgiveness.	2 I choose to focus on the positive aspects of my life.	3 I let go of past hurts and move forward with grace.	4 I am at peace with myself and others.	5 I forgive those who have wronged me.	6 I am grateful for the lessons I've learned from challenging experiences.	7 I choose love over bitterness.
8 I embrace compassion and understanding.	9 I focus on my growth and healing.	10 I let go of grudges and embrace peace.	11 I am open to seeing things from others' perspectives.	12 I focus on the good in people and situations.	13 I am strong enough to let go of past hurts.	14 I choose to be happy rather than resentful.
15 I let go of anger and embrace peace.	16 I choose to see the best in others.	17 I am strong enough to forgive and move on.	18 I embrace the power of positive thinking.	19 I choose to be free from resentment.	20 I focus on the good in my life.	21 I am at peace with myself and others.
22 I choose to be compassionate and understanding.	23 I release all anger and embrace calm.	24 I choose to be positive and hopeful.	25 I matter.	26 I am grateful for the love and support in my life.	27 I choose to be happy and free from bitterness.	28 I am at peace with myself and others.
29 I focus on creating a positive and joyful life.	30 I embrace compassion and understanding.					

Resentful is feeling bitter and holding onto anger because you believe you've been treated unfairly. It's like when someone else gets the praise or reward you feel you deserved, and instead of being happy for them, you harbor a grudge and replay the situation in your mind, fueling your bitterness. Being resentful means you carry around negative feelings and allow them to fester, affecting your mood and interactions with others. It's important to avoid resentment because it can poison your relationships and prevent you from finding peace. People may sense your bitterness and distance themselves from you. Instead, aim to practice forgiveness and let go of past hurts. Focus on the positive aspects of your life and celebrate others' successes just as you would your own.