

FORGIVENESS



Forgiveness means choosing to let go of anger and resentment toward yourself or someone else, to surrender thoughts of revenge, and to move forward with your personal power intact. When you practice forgiveness you work through and let go of powerful feelings like anger and hurt in a healthy, positive way.

Here are some action steps to practice forgiveness in your life!

COURAGE + GRATITUDE + FORGIVENESS + COMPASSION IN ACTION= CHOOSING LOVE

MON	TUE	WED	THU	FRI	SAT	SUN
Write down the word Forgiveness. Then decorate the page with images and words that show what it means to you.	Create a Forgiveness affirmation to say aloud daily. I.e. "I am forgiving. I am calm. I will let go of hurt and anger."	Choose a loving thought over an angry thought. 	Make a list of 5 people in your life who you need to forgive.	Write down all of the things that are angering you. Then rip up the list and throw it away. Imagine throwing away your anger. 	Draw a picture of you cutting the cord to anger and hurt. What does that look like?	Take a few deep belly breaths. Breathe in deeply. Breathe out and as you let out the air imagine letting go of hurt and anger. Feel a sense of peace.
Before you speak or act today pass these three gates: 'Is it Necessary?', 'Is it Right, Is it Kind?'. Let these questions guide you. 	Talk to someone about any angry or hurt feelings that you are having trouble dealing with.	Write a letter to someone who you need to forgive. You can decide whether to mail it or not. 	Imagine Forgiveness is like putting down a heavy weight. Draw a picture of that. Let it go!	Think of three things you do when angry that are not healthy. Replace them with three positive things. 	Think of a mistake you made. Forgive yourself. Think of a way to make amends to help you move on. 	Find a special quote or song lyric about Forgiveness. Print it out or write it down and post it where you will see it!
Watch this Forgiveness Video: https://youtu.be/FFuHL6Lzk6E Share it with someone!	Think of someone you've hurt. Reach out to tell them you're sorry. 	Find a small stone that will be your Forgiveness stone. When you are angry, hurt or troubled...rub the stone and imagine letting go!	Choose a loving thought over an angry thought. 	Write a poem about Forgiveness. What does Forgiveness look like, sound like, feel like?	Today, drop a grudge that you are holding against someone. You don't have to forget, but forgive. Reach out and start fresh with him/her.	Make a Top 10 List of things you can do to deal with anger in a positive way. Star your favorites! 
Read a book about Forgiveness! 	Think of a time when you hurt someone. What did you do? What can you do differently next time? What's the lesson learned?	Write down the many benefits that come from practicing Forgiveness. Let this remind you of how much you gain from forgiving.	Get moving today! Do something active. With each breath you take, let go of any anger or challenging feelings you are harboring.	Listen to the song 'Forgiveness' by Matthew West here: https://youtu.be/h1Lu5udXEZI?list=RDh1Lu5udXEZI Be inspired to forgive! 	No negatives today. Let every word you speak be positive! 	Choose a loving thought over an angry thought.
Make a list of 5 people you can talk to when you are having difficulty handling your feelings of hurt and anger. 	Do something today that is just for you...something that makes you smile and helps you forget about any anger or sorrow.	Brainstorm a list of 10 positive ways to handle conflicts and disagreements. Then start using them!	From this day on, Choose Love and Happiness over Hate and Anger. 			