

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY: LEARN FROM PAST MISTAKES & FORGIVE YOURSELF



*Have you engaged in actions or words in your past that you now regret? It's time to forgive yourself for your past ignorance so you can move forward with your new knowledge.*

*"Living is a process of developing oneself. Without experiencing pain from disconcerting periods of our lives, we would be a different person, perhaps a lesser person."— Kilroy J. Oldster*

As we go through life we will make many mistakes. The challenge is to learn from these mistakes and grow into a better person. Given the current events, many of us may remember actions that we have engaged in that we are now ashamed of. Take this time to reflect on that guilt that you are feeling and use it for good. Educate yourself, have conversations with others, develop yourself so you never make those mistakes again, then forgive yourself.

To forgive is the act of letting go of any negative feelings and moving past the experience. Forgiveness does not mean that you are okay that the situation happened, but it involves using that past experience to learn and grow. While forgiving others may be difficult, it may be even more challenging to forgive yourself. Embrace that challenge and realise that your mistakes have helped make you a better person now.

### Practice Forgiveness Today:



1. THINK ABOUT A SITUATION THAT OCCURED RECENTLY IN WHICH YOU MADE A MISTAKE OR MISCOMMUNICATED.
2. REMIND YOURSELF THAT ALL HUMANS MAKE MISTAKES SOMETIMES AND WE CAN USE THESE EXPERIENCES TO LEARN AND GROW.
3. REFLECT ON WHAT LEAD TO YOU MAKING THE MISTAKE AND CONSIDER HOW YOU WILL PREVENT A SIMILAR MISTAKE FROM HAPPENING.
4. FORGIVE YOURSELF FOR THE RECENT SITUATION IN STEP 1.
5. REFLECT ON HOW THIS PROCESS MADE YOU FEEL AND REPEAT THESE STEPS WHEN A PAST MISTAKE COMES TO MIND.



### Parent Practice Tip:

Share with your child(ren) a recent time when you made a mistake, and how you forgave yourself. This may help them understand that even adults make mistakes, but we can forgive ourselves and move past it.

### To Learn More:

[Learning From Mistakes](#)

[It Hurts to Hurt Someone](#)

[Forgiveness According to Kids](#)

[5 Min Self-Forgiveness Meditation](#)

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