

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #39: TAKE RESPONSIBILITY FOR YOUR ACTIONS



Bryant H. McGill, a best-selling author, once said, "There is no love without forgiveness, and there is no forgiveness without love." Maybe you don't really understand what the other person is going through, but there is a certain amount of time and care needed to reach the point where you can forgive.

Being able to take responsibility for your actions and your side of the situation is a good step to finding forgiveness. Being in a constant state of holding onto resentment drains us of our happiness. This can change our mood, our relationships, and even our health. It's important to reflect on the actions you've caused, taking responsibility for it, and learning how to move on. Learning how to move on is very important because it helps you not only forgive others but also helps you forgive yourself. Make it a daily mission to look at situations, take responsibility, and learn how to cope.

Practice Forgiveness Today:



1. MAKE SURE TO BE IN A CALM STATE OF MIND BY TAKING A COUPLE OF MINUTES TO DO DEEP BREATHS OR MEDITATE.
2. THINK ABOUT THE SITUATION THAT MADE YOU ANGRY AND FRUSTRATED.
3. THINK ABOUT YOUR ROLE IN THE SITUATION AND HOW IT'S AFFECTED YOU AND THE OTHER PERSON.
4. WRITE ABOUT YOUR FEELINGS ABOUT THE SITUATION AND TO WORK TOWARDS A SOLUTION. YOU CAN WRITE IN A JOURNAL OR A [WORKSHEET LIKE THIS](#) TO HELP GUIDE YOU THROUGH IT.
5. WRITE WAYS YOU WOULD MOVE ON FROM THE SITUATION. FINDING DIFFERENT WAYS TO APOLOGIZE AND DIFFERENT WAYS TO TALK THINGS OUT ARE CRUCIAL TO MOVING ON AND FINDING FORGIVENESS.

Parent Practice Tip:

Teach your child(ren) the steps of how to work through a frustrating situation or conflict. Tell them different ways they can apologize and find forgiveness.

To Learn More:

5-Minute Meditation You Can Do

Anywhere

Story about Forgiveness

www.ChooseLoveToThrive.org