

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY #35: REFLECT ON TIMES YOU HAVE BEEN FORGIVEN



“Mistakes are always forgivable, if one has the courage to admit them.”

-Bruce Lee, actor

We are all human, and so we all make mistakes sometimes. As Bruce Lee said, it is up to us to admit to these mistakes and ask for forgiveness. If we have wronged or hurt someone, it will be that person’s decision to forgive us. It is important to think back to these moments in which you have hurt someone and been forgiven. Taking the time to consider how this forgiveness made you feel is also crucial. These thoughts might be inspirational to you the next time you are asked for forgiveness by someone else.

### Practice Forgiveness Today:



1. GRAB A PIECE OF PAPER OR STICKY NOTE.
2. THINK ABOUT A TIME WHEN YOU HAVE HURT OR UPSET ANOTHER PERSON.
3. IMAGINE HOW THIS MADE THEM FEEL AND CONSIDER HOW YOU APOLOGIZED OR ASKED FOR FORGIVENESS.
4. WRITE DOWN HOW IT MADE YOU FEEL WHEN YOU WERE FORGIVEN.

### Parent Practice Tip:

Share a memory with your child of a time you hurt someone, and were shown forgiveness. Connecting with your child in this way may show them that mistakes are normal, even as adults.

### To Learn More:

What is Forgiveness?

Short Story About Forgiveness

Apology Cards

[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)