

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY #23: REWIND AND RE-DO



Maya Angelou once said, "You can't forgive without loving. And I don't mean sentimentality. I don't mean mush. I mean having enough courage to stand up and say, 'I forgive. I'm finished with it.'"

When we hurt ourselves or someone else, it can be difficult to own up to the situation. We might feel guilty, hurt, mad, sad, or confused about the situation. Taking sometime to come to terms with a situation, understand what happened, and how things could have played out differently can change your perspective. This will be different for everyone. Snapping at someone or beating yourself up for not meeting a deadline are examples of things you might seek forgiveness for.

These instances do not define us or our typical behaviors. During this time, some individuals are struggling with accepting the situation, how they are coping, or how their actions are impacting others. By taking some time to be accountable for a situation it can lead to forgiveness and relief. Everyone deserves to feel like they have the power of forgiveness.

### Practice Forgiveness Today:



1. GRAB A JOURNAL OR PAPER AND YOUR FAVORITE WRITING UTENSIL, OR A DIGITAL PLATFORM.
2. THINK ABOUT A SITUATION IN WHICH YOU WERE HARD ON YOURSELF OR SOMEONE ELSE.
3. IT DOESN'T HAVE TO BE A BIG INCIDENT, IT COULD BE AS SIMPLE AS USING A HARSH TONE WITH SOMEONE ELSE OR GETTING DOWN ON YOURSELF FOR FORGETTING SOMETHING AT THE STORE.
4. WRITE DOWN THE SITUATION, NOW CROSS OUT WHAT THE END RESULT WAS, AND REPLACE IT WITH A NEW ENDING, WHAT YOU WISHED HAD HAPPENED, OR SOMETHING YOU CAN PRESENTLY DO TO CHANGE THE SITUATION. (EX. TELL YOURSELF IT'S OKAY EVERYONE MAKES MISTAKES)
5. CONSIDER PRACTICING YOUR "NEW ENDING" EITHER WITH YOURSELF OR SOMEONE ELSE.

### Parent Practice Tip:

Talk with your children about forgiveness. When explaining forgiveness consider asking your child to take someone else's perspective by having them try on a pair of shoes that's not their size. Have them reflect on the discomfort and make parallels towards how their feelings and thoughts are different the same way people wear different sized shoes. This is playing off the idea of "putting yourself in someone else's shoes."

### To Learn More:

[What is Forgiveness?](#)  
[Forgiveness Calendar](#)  
[Forgiveness Poster](#)

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