

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #7: WRITE A JOURNAL ENTRY THAT FOCUSES ON THE POSITIVES OF A NEGATIVE SITUATION.



Maya Angelou once wrote, "Forgive yourself- no one else will." It can be so easy to become upset with ourselves for all things we aren't doing, haven't done, or could be doing. Although there are many things that may be out of our control, forgiveness is not one of them. We have the power each and every day to forgive ourselves and others. Forgiveness requires accepting a discomfort or something negative towards ourselves or other people. Accepting that you are allowed to have time to rest, you are allowed to self-indulge, you are allowed to thrive in your own way.

When you forgive yourself, you make a promise to be kinder to yourself and focus on things that are in your control. Self-Forgiveness can happen by just taking a few minutes of your day. Particularly, in this unprecedented time many people are becoming angry with themselves for not picking up that new hobby, or not reading all the books on their list, or getting everything organized. Forgive yourself because you owe it to yourself. You are doing enough. **You are enough.**

Practice Forgiveness Today:



1. GRAB A JOURNAL, PIECE OF PAPER, OR ELECTRONIC DEVICE.
2. FIND A SPACE WHERE YOU ARE COMFORTABLE.
3. TAKE A SITUATION SUCH AS THE CURRENT UNPRECEDENTED TIMES AND THINK ABOUT THE THINGS YOU HAVE HAD MORE TIME TO DO OR NOT DO. FORGIVE YOURSELF FOR THINGS YOU HAVEN'T BEEN ABLE TO DO.
4. THINK ABOUT OTHER POSITIVES, SUCH AS HAVING MORE TIME TO BUILD RELATIONSHIPS (VIRTUALLY!), PICK UP A NEW SKILL, SLEEP, INSTEAD OF BEATING YOURSELF UP FOR WHAT YOU HAVEN'T DONE.
5. WHEN YOU'RE FEELING OVERWHELMED OR UPSET ABOUT THE CURRENT SITUATION RE-READ THESE ENTRIES TO FORGIVE YOURSELF.

Parent Practice Tip:

Set aside a time to do these forgiveness journal entries. You deserve "you time"! If you set a time and place you will be more likely to stick to it. Be sure to share or encourage your kids as well so they understand forgiveness is important to wellbeing.

To Learn More:

The Gift of Forgiveness - a Book
Forgiveness Breath
What is Forgiveness?

www.ChooseLoveToThrive.org