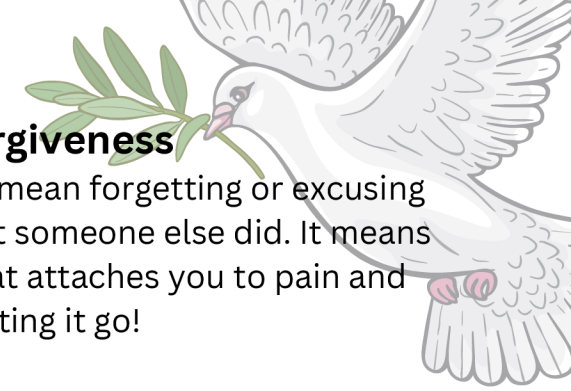








MARCH 2025



Forgiveness

Forgiveness doesn't mean forgetting or excusing what you feel or what someone else did. It means cutting the cord that attaches you to pain and letting it go!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Forgiveness Fridays	1 Be kind to yourself today.
 Dr. Seuss Day!	3 Take a Forgiveness Breath	4 Why is important to forgive?	5 Look for a micro-moment of joy!	 6 Greet people with a smile.	7 How can you forgive yourself?	8 Laugh Out Loud! 
9 Find a rainbow! Take mental notes of colors in your room.	10 Take a walk outside and listen to the sounds.	11 Create a Forgiveness recipe.	12 Greet people with a smile or wave.	13 Give a hand heart instead of a wave.	14 Forgive and Forgive S'more!	15 I choose healing and peace rather than conflict.
16 Take a 30 second meditation break.	17 	18 Let go of anger and resentment.	19 Be a good sport, win or lose.	20 Greet people with a smile or wave.	21 Write down something that hurt you then tear it up!	22 Let go of anger and resentment.
23 Find heart shapes outside.	24 Take a Mindful Minute.	25  Forgiveness is a Gift to yourself.	26 You either win or you learn.	27 Spread a ripple of kindness. Smile.	28 Make a Mended Broken Heart artwork.	29 Choose Love today and everyday!
30 Listen to the whimsical "Uncle Albert" by Paul McCartney.	31 Take a 30 second meditation break.	"We're so sorry, uncle Albert. We're so sorry if we caused you any pain." -Paul McCartney.			