

F Is for Forgiveness

When someone has wronged you, it can be difficult to forgive, especially if you are upset and saddened by what happened. When you forgive others, it doesn't mean you forget what happened, but it's how you can let go of the anger and hurt that you feel. Forgiveness makes your heart happy again; it's the step you can take to make things right. When you are quick to forgive it makes it easier for friendships to grow.

Put it into action:

The next time someone wrongs you, be quick to forgive. Tell the person, "It hurt me that you did this, please don't do it again. I forgive you."

