



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 33 Action Guide: Forgiveness

Do the “grocery store” litmus test. Imagine running into someone at the grocery store, unexpectedly. Is your immediate reaction to duck behind the display of fruit or dart down the frozen food aisle? If so, it’s likely you are holding something against this person that is worth exploring.

Who are the people you need to forgive?

Forgiveness is an act of love. What does it look like for you to choose to be empowered and release yourself from hurt, anger and unforgiveness?

Forgiveness is a process of grief. What do you need to let go in order to forgive?

What do you need to forgive yourself for?