

Personal Reflection Exercises...

Forgiveness makes room for harmony



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One of my primary goals is to live in oneness with others. I do what is necessary to keep the peace. ***When I forgive others, it makes room for a harmonious existence.***

Each day I face uncomfortable situations that require wisdom to deal with them. Wise thinking guides me to be civil and respectful to those around me. When I begin difficult interactions with respect, it is easier to find common ground.

I avoid feeling offended when someone says or does something unkind because I understand it is rarely ABOUT me. ***By allowing myself to forgive, I am able to guide our interaction in a positive direction.***

In family situations, I avoid letting familiarity overshadow the importance of harmony. Even though family members are accustomed to my mannerisms, I'm careful to respect their feelings.

I'm conscious of the importance of harmonious family life because family will always be my primary support structure and therefore must honor it.

When a loved one points out how my words hurt them, I am quick to apologize. It's important to let others know that their emotional well-being is a priority for me.

Today, I am committed to going into each situation with a positive mindset.

My goal is to ensure continued harmony among my family members, friends, and professional peers. It's easy for me to forgive when I see its impact on relationships.

Self-Reflection Questions:

1. Which situations make it particularly difficult for me to forgive someone?
2. In what ways can I promote harmony within my family, work or business?
3. How do I respond when someone refuses to accept my apology?