

**Do you make a daily habit of forgiveness?**

**Or do you hold grudges?**

**Does it feel better to hold a grudge or to forgive?**

**Here is a nice idea that may help you feel fantastic:**

**Make a list of people you would like to forgive.**

**1) Myself (Always forgive YOURSELF and that makes forgiving others MUCH easier!)**

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**Ask an adult** if you can buy some lavender or peppermint oil. Once you have forgiven someone, take a tiny bit of the oil and put it on your forehead. You

will smell great and it will remind you that forgiveness feels and smells good! It's a nice reminder that daily forgiveness is good for your

**body, mind, and spirit!**

