

Value of the month

March

Forgiveness

“Forgiveness says you are given another chance to make a new beginning.” – Desmond Tutu.



What does forgiveness look like?

People who show forgiveness:

- Stop blaming others for their mistakes
- Accept an apology
- Stop feeling anger towards others

People who show forgiveness realise:

- It takes a strong person to apologise
- Forgiveness is an attribute of the strong
- It gives you peace of mind

People show forgiveness by:

- Stop blaming the other person or people
- Accept an apology
- Finding peace