



Definition: Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful.

Questions/Quiz:

What are some identifying qualities in the character strength forgiveness?

Feelings: How does it make you feel when you act with forgiveness?

Needs: What do you need to experience more forgiveness in your life?



Superhero Identifier: Whom are the superheroes in your community you identify as expressing forgiveness?

“Shadow” Identifier: *(list some of the opposites)*

Diary/journal: Share your thoughts on this subject and how you feel.





**Mission I'm Possible:
Forgiveness**

*Write your answers and thoughts below as you progress through the
labyrinth, for each level.*

Rounds: person/family/community

1) What are the tools you use to bring and express forgiveness in your life?

2) How does your family bring and express forgiveness in their lives?

3) How does your community promote forgiveness?

Activities:

1) What activities and experiences bring out forgiveness in you? How often do you engage and experience these?

2) What activities and experiences bring out the forgiveness in your family?



3) How do/will you provide your personal skills and abilities to activate forgiveness in yourself and others?

4) What are the character strengths and virtues you use when seeking to strengthen this strength?

5) When do you feel a lack of forgiveness in your life?

Challenge:

- Identify your “shadow” and take note of the life situation and feelings that arise that are feeding it.
- Identify the “shadows” in your family and identify how they might be elevated out of lack of forgiveness.
- Please share some of your experiences with others in your community and/or in your journal.

