

Defining Forgiveness

- By yourself, define what forgiveness looks like and means to you.

- With a friend, partner, family member, or another person, discuss your definitions and explore the differences:

Is there anything unique you need to feel forgiven?

Are there differences in how you offer forgiveness?

Set the Intention!

Yourself (Bein Adam l'atzmo)

What is one thing you want to forgive yourself for this year?

Set an intention for how you will treat yourself differently this year.

How will you remind yourself to stay accountable to this intention?

Someone Else (Bein Adam l'chavero)

What is one thing you want to forgive someone else for this year?

Set an intention for how you will treat this person or other friends and family differently this year.

How will you remind yourself to stay accountable to this intention?

Something Bigger (Bein Adam l'makom)

What is one thing that you want to forgive about the world around you, the divine, the planet, etc?

What is a reality you cannot change that you would like to come to greater peace with?

Set an intention for how you will treat the world, the divine, and the planet, or act differently about these things that are bigger than ourselves in the year ahead.

How will you remind yourself to stay accountable to this intention?