

## Mindful Moment: Practicing Forgiveness

A big part of being mindful is learning to let go. A good way to practice is by forgiving yourself when you make a mistake, either big or small.

Acknowledge the mistake and think about what you can do better in the future to prevent that mistake from happening again. Now forgive yourself for making the mistake and let it go. No matter how hard you try, you cannot change the past, but you can learn and change for the future.

Now think of a mistake you have made, recently or a long time ago, big or small. Ask yourself what you can do better next time. Make peace with that mistake and tell yourself it's ok and you know how to do better next time.



Photo by Gianandrea Villa