

choose love™

movement

SEPTEMBER 2020

Let this calendar inspire you to start Choosing Love every day. There are little things you can do each day to show Courage, Gratitude, Forgiveness, and Compassion. This is how you Choose Love and these acts benefit you and so many others. Let's create a Choose Love ripple effect that reaches far and wide this month and through the year!

SUN	MON	TUE	WED	THU	FRI	SAT
		1 BE THANKFUL FOR YOUR TEACHERS.	2 NAME 3 THINGS YOU LIKE ABOUT SCHOOL.	3 HAVE A LOT OF FUN!	4 BE OPEN TO LEARN SOMETHING NEW.	5 LOOK FOR HEART SHAPES OUTSIDE AND IN YOUR HOME.
6 READ FOR FUN. ENJOY A COMIC OR GRAPHIC NOVEL.	7 CHOOSE LOVE TODAY AND EVERY DAY.	8 YOU ARE STRONGER THAN YOU THINK.	9 SAY "HI" AND SMILE.	10 IT TAKES COURAGE TO BE WHO YOU REALLY ARE.	11 TAKE A DEEP BREATH, IT'S ALMOST THE WEEKEND.	12 TAKE A FIVE MINUTE RELAXATION BREAK.
13 TRY YOUR BEST. EVERY TIME.	14 BE HAPPY FOR NO REASON BECAUSE THEN HAPPINESS CAN NEVER BE TAKEN AWAY FROM YOU.	15 BE BRAVE ENOUGH TO TELL PEOPLE HOW YOU FEEL.	16 BE KIND TO OTHERS, ANIMALS, AND YOURSELF. THEY'RE ALL VALUABLE.	17 SLOW DOWN AND LOOK AT THE WORLD SPIN.	18 APPRECIATE OTHERS, AND BE SURE TO APPRECIATE YOURSELF TOO.	19 LIFE IS A GIFT SO HAVE FUN WITH IT.
20 STAY CONNECTED. CALL OR TEXT A FRIEND OR FAMILY MEMBER.	21 DON'T WORRY. BE HAPPY!	22 BE BRAVE. ASK FOR HELP.	23 BE THOUGHTFUL OF OTHERS.	24 REMEMBER YOU ARE NOT ALONE.	25 BE ABLE TO LAUGH AT LIFE, NOT EVERYTHING IS SO SERIOUS.	26 STAY POSITIVE.
27 FORGIVE YOURSELF. NO ONE IS PERFECT.	28 BE GRATEFUL FOR SOMETHING SMALL THAT MAKES YOU HAPPY.	29 BE OPEN TO LEARNING SOMETHING NEW.	30 SHOW EMPATHY BY PLACING YOURSELF IN SOMEONE ELSE'S SHOES.			

HIGH SCHOOL