

February is Choose Love Awareness Month! Celebrate the ways you Choose Love every day! Learn and practice the Choose Love Formula. Help us spread awareness and share the Choose Love Formula with your family and friends.

## FEBRUARY 2021



SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> <b>COURAGE WEEK</b> DECORATE YOUR COURAGE CHOOSE LOVE DUCK.	<b>2</b> SHOW OFF YOUR BRAVE POSE! DRAW A PICTURE OF YOURSELF IN YOUR BRAVE POSE.	<b>3</b> TAKE A BRAVE BREATH.	<b>4</b> DO YOU KNOW A SONG OR A STORY ABOUT BRAVERY?	<b>5</b> DANCE! DANCE! DANCE! DON'T BE AFRAID TO TURN OUT YOUR BEST MOVES.	<b>6</b> BE TRUE TO YOURSELF.
<b>7</b> IT TAKES COURAGE TO TRY. IF YOU FAIL, TRY, TRY AGAIN.	<b>8</b> <b>GRATITUDE WEEK</b> THANK YOU FOR CHOOSING LOVE! DECORATE YOUR GRATITUDE CHOOSE LOVE DUCK.	<b>9</b> TAKE A GRATITUDE BREATH.	<b>10</b> APPRECIATE NATURE. GO OUTSIDE FOR A MINUTE AND LOOK AT NATURE. TAKE A PICTURE OR DRAW A PICTURE WITH YOUR CHOOSE LOVE DUCK	<b>11</b> WHAT ARE 3 THINGS YOU ARE GRATEFUL FOR RIGHT NOW? MAKE A GRATITUDE CHAIN OUT OF PAPER.	<b>12</b> WHO ARE YOU GRATEFUL FOR? WHY ARE THEY SPECIAL TO YOU? WRITE THEM A NOTE OR MAKE A CARD TO LET THEM KNOW.	<b>13</b> LET PEOPLE IN YOUR LIFE KNOW THAT YOU APPRECIATE THEIR HELP, THEIR LOVE AND THEIR SUPPORT.
<b>14</b> HAPPY VALENTINE'S DAY! GIVE A CARD TO SOMEONE WHO WON'T EXPECT IT.	<b>15</b> <b>FORGIVENESS WEEK</b> FORGIVENESS IS A GIFT YOU GIVE TO YOURSELF. DECORATE YOUR FORGIVENESS CHOOSE LOVE DUCK.	<b>16</b> MEDITATE ABOUT FORGIVENESS. YOU CAN SAY, "I AM FORGIVING. I AM CALM. I WILL LET GO OF ANGER AND HURT."	<b>17</b> DRAW A PICTURE OF YOURSELF CUTTING THE CORD TO ANGER AND HURT.	<b>18</b> WRITE DOWN SOMETHING THAT MAKES YOU ANGRY THEN TEAR IT UP AND THROW IT AWAY. IMAGINE THROWING AWAY YOUR ANGER.	<b>19</b> BRAINSTORM A STORY ABOUT FORGIVENESS.	<b>20</b> CHOOSE A LOVING THOUGHT OVER AN ANGRY THOUGHT.
<b>21</b> ASK FOR FORGIVENESS AND FORGIVE YOURSELF.	<b>22</b> <b>COMPASSION-IN-ACTION WEEK.</b> IT FEELS GOOD TO CHOOSE COMPASSION-IN-ACTION. DECORATE YOUR COMPASSION CHOOSE LOVE DUCK.	<b>23</b> MAKE A CHOOSE LOVE FORMULA SIGN AND HANG IT IN YOUR KITCHEN OR CLASSROOM!	<b>24</b> GIVE EVERYONE A SOCIALLY-DISTANT OR VIRTUAL HIGH FIVE TODAY.	<b>25</b> MAKE A 'CAUGHT CHOOSING LOVE' TICKET AND GIVE IT TO SOMEONE.	<b>26</b> TIME FOR SELF-COMPASSION. TREAT YOURSELF LIKE ROYALTY. MAKE YOURSELF A CROWN.	<b>27</b> DO A "TRY NOT TO LAUGH" CHALLENGE. ACT LIKE A GOOFY GOOBER AND MAKE SOMEONE LAUGH.
<b>28</b> MAKE SOMETHING FOR SOMEONE SPECIAL. A CARD. A WORK OF ART. A SPECIAL BREAKFAST.						