

choose love TM movement

MARCH 2021

The simple act of writing down your goals will make it more likely that you will achieve them. In March let's practice making a goal and steps toward achieving it. It takes courage to reach for your goals and helps create confidence and pride.

SUN	MON	TUE	WED	THU	FRI	SAT
	1 MAKE A GOAL LIST FOR MARCH!	2 "A PERSON'S A PERSON NO MATTER HOW SMALL," - DR. SEUSS.	3 COMPLAIN-FREE DAY. ONLY SAY POSITIVE THINGS.	4 HELP SOMEONE WITHOUT BEING ASKED.	5 WHAT MAKES YOU FEEL SPECIAL?	6 BE GRATEFUL FOR THE LITTLE THINGS.
7 IF YOU DREAM IT, YOU CAN DO IT!	8 DO SOMETHING TO HELP REACH YOUR MARCH GOAL.	9 PAY ATTENTION TO OTHER PEOPLE'S FEELINGS.	10 FIND A PICTURE THAT OF YOU HAVING FUN	11 HOW CAN YOUR ACTIONS MAKE A DIFFERENCE TO OTHERS.	12 FEARLESS FRIDAY! BE BRAVE TODAY.	13 SAY SOMETHING NICE.
14 CHANGE A NEGATIVE THOUGHT INTO A POSITIVE THOUGHT.	15 DO SOMETHING TO HELP REACH YOUR MARCH GOAL.	16 NAME 3 THINGS YOU ARE GOOD AT DOING.	17 HAPPY ST. PATRICK'S DAY!	18 GREET PEOPLE WITH A SMILE OR WAVE.	19 EMBRACE CHANGE. CHANGE MAKES US STRONGER.	20 TIME HEALS ALL WOUNDS.
21 STAND UP FOR WHAT YOU BELIEVE IN.	22 KEEP REACHING FOR YOUR MARCH GOAL. YOU CAN DO IT!	23 MAKE THE WORLD A BETTER PLACE. START WITH A SMILE.	24 BE KIND TO YOURSELF TODAY.	25 CHOOSE LOVE!	26 BE A CHAMPION TO SOMEONE ELSE.	27 GOOD VIBES CHANGE LIVES.
28 MAKE A QUICK THANK YOU NOTE.	29 ASK HOW YOU CAN HELP.	30 WHAT ARE THREE THINGS YOU HAPPY ABOUT.	31 DID YOU COMPLETE YOUR GOAL? YES? HOORAY! NO? KEEP GOING!			