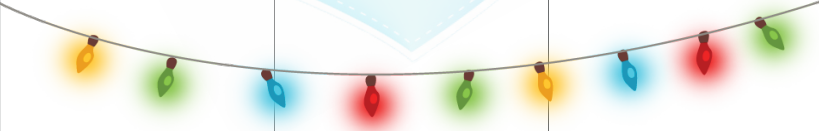

















Choosing Love means having the **COURAGE** to do the right thing, even when no one is looking; feeling **GRATEFUL** even when things aren't going your way; **LETTING GO** of your anger, even if the person who hurt you isn't sorry; setting aside your busy-ness to **DO SOMETHING KIND** for someone else.

choose love™
movement

December 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1 TIME TO CELEBRATE YOUR FAMILY AND FRIENDS. 	2 BE NURTURING TODAY BY BEING KIND TO OTHERS.. 	3 MAKE UP A SILLY SONG ABOUT A SNOWMAN AND SHARE IT WITH YOUR FRIENDS.	4 TODAY IS NATIONAL COOKIE DAY. BAKE UP SOME SWEET TREATS FOR THE HOLIDAY! 
5 ASK A FRIEND OR FAMILY MEMBER HOW YOU CAN HELP THEM TODAY. 	6 YOU ARE LOVED AND WORTHY OF LOVE. 	7 SHOW OFF YOUR SUPERPOWERS TODAY. HINT: YOUR SMILE IS YOUR BEST SUPER POWER.	8 HEAL YOURSELF WITH FORGIVENESS AND TAKE A FORGIVENESS BREATH. 	9 TAKE A DANCE BREAK. 	10 MAKE A CARD FOR A SERVICE MEMBER OR FIRST RESPONDER. 	11 SHOW COMPASSION AND UNDERSTANDING TODAY. DO SOMETHING NICE FOR SOMEONE WHO NEEDS IT.
12 MAKE A LIST OF GIFTS TO GIVE RATHER THAN RECEIVE. 	13 LEAVE A NICE NOTE FOR SOMEONE TO FIND. 	14 CHOOSE LOVE AND GIVE A HUG! (OR A HIGH FIVE!) 	15 CELEBRATE NATIONAL CUPCAKE DAY! WHAT'S YOUR FAVORITE FLAVOR? 	16 SHOW LOVE FOR YOURSELF WITH A COMPASSIONATE BREATH.. 	17 PAY SOMEONE A COMPLIMENT. 	18 GIVE A HOLIDAY CARD TO SOMEONE SPECIAL. 
19 MAKE A SPECIAL TREAT FOR YOUR PET OR DONATE FOOD OR A TOY AT A LOCAL SHELTER. 	20 MAKE A HAPPY SNOWMAN FACE FROM A PAPER PLATE. 	21 LIGHT UP YOUR NIGHT WITH A WALKING TOUR OF YOUR NEIGHBORHOOD HOLIDAY LIGHTS.	22 WATCH "LET'S CHOOSE LOVE" ON YOUTUBE. 	23 WRITE A POEM ABOUT THE HOLIDAY SEASON OR ABOUT YOUR FAMILY TRADITIONS.	24 WRITE A LIST OF YOUR FAVORITE THINGS IN 2021. SONGS, TV SHOWS, TIKTOK, BOOKS.. 	25 HOLIDAY TIME! CELEBRATE & ENJOY YOUR DECEMBER BREAK!!! 
26 	27 	28 	29 	30 	31 	