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 NEIGHBOR-HOOD 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	Have a Lot of fun