

Forgiveness is a gift you give to yourself. Let go of anger, sadness, or resentment toward yourself or others, and take back your personal power! It doesn't mean forgetting or excusing what you feel or what someone else did. It means cutting the cord that attaches you to pain and letting it go!

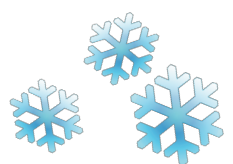
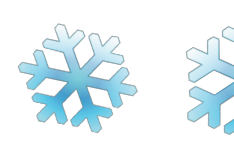
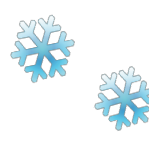
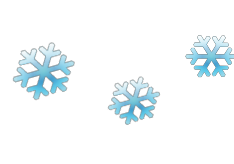







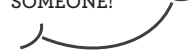








choose love™

movement

JANUARY 2022

FORGIVENESS



SUN	MON	TUE	WED	THU	FRI	SAT
Have a lot of fun						1 Happy New Year! HERE'S TO YOU IN 2022!
2 MAKE A LIST OF SOME THINGS YOU WANT TO DO THIS YEAR. 	3 WATCH CHOOSE LOVE FORGIVENESS VIDEO. WHO DO YOU NEED TO FORGIVE AND WHY?	4 WHAT DO YOU NEED TO FORGIVE YOURSELF FOR? HOW YOU CAN DO BETTER NEXT TIME?	5 BE THOUGHTFUL OF OTHERS AND DO AN ACT OF KINDNESS. 	6 WHAT IS DIFFERENT TODAY THAN A YEAR AGO THAT YOU ARE GRATEFUL FOR? 	7 FORGIVENESS FRIDAY. DRAW A PICTURE OF YOURSELF CUTTING THE CORD TO ANGER AND HURT.	8 WHAT ARE 3 THINGS THAT MAKE YOU FEEL GOOD? 
9 TAKE A FORGIVENESS BREATH. 	10 TALK TO SOMEONE ABOUT ANY ANGRY OR SAD FEELINGS THAT YOU ARE HAVING TROUBLE DEALING WITH.	11 WRITE AN APOLOGY NOTE TO SOMEONE. 	12 DON'T WORRY. BE HAPPY. SMILE AND SHARE IT WITH SOMEONE! 	13  IT'S RUBBER DUCKY DAY! READ ERIC CARLE'S 10 LITTLE RUBBER DUCKS.	14 FORGIVENESS FRIDAY. RECITE THIS MANTRA, "I AM FORGIVING. I AM CALM. I WILL LET GO OF HURT AND ANGER."	15 NATIONAL STRAWBERRY ICE CREAM DAY. WORLD SNOW DAY. MAKE A CRAFTY SNOWFLAKE.
16 KINDNESS IS THE BEST GIFT OF ALL. MAKE A LIST OF WAYS YOU CAN SPREAD KINDNESS.	17 CAN YOU NAME 3 BENEFITS OF PRACTICING FORGIVENESS? 	18 WINNIE THE POOH DAY! READ "FORGIVE AND FORGET" AND LEARN HOW RABBIT FORGIVES.	19 HOW WILL YOU CHOOSE LOVE TODAY? 	20  TRY SOMETHING NEW TODAY.	21 FORGIVENESS FRIDAY. WRITE A POEM ABOUT FORGIVENESS. WHAT DOES FORGIVENESS LOOK LIKE, SOUND LIKE, FEEL LIKE?	22 THERE ARE MANY WAYS TO SAY SORRY. IN HAWAIIAN IT'S E KALA MAI I'A U
23 WRITE KIND MESSAGES ON POST-IT NOTES AND LEAVE THEM FOR OTHERS TO FIND! 	24 THINK OF A MISTAKE YOU MADE. FORGIVE YOURSELF. WHAT CAN YOU DO TO HELP YOU MOVE ON?	25 HAVE A SILLY DANCE BREAK. 	26 DID YOU GET ANGRY TODAY? THINK OF HOW YOU CAN FORGIVE YOURSELF FOR NEGATIVE FEELINGS	27 TAKE A MINDFUL MINUTE. 	28 FORGIVENESS FRIDAY. IMAGINE FORGIVENESS IS LIKE PUTTING DOWN A HEAVY WEIGHT. DRAW A PICTURE OF THAT. LET IT GO!	29 TODAY IS NATIONAL PUZZLE DAY. HAVE FUN WITH A JIGSAW, CROSSWORD OR WORD SEARCH. 
30 PLAY AN OLD FASHIONED BOARD GAME	31 LISTEN TO THE WHIMSICAL "UNCLE ALBERT" BY PAUL MCCARTNEY. IT'S ABOUT SAYING SORRY.					