
















February is Choose Love Awareness Month! It's a time to focus on ways you can bring more Nurturing Healing Love to yourself and others. Celebrate all the ways you Choose Love every day by learning and practicing the Choose Love Formula. Help us spread awareness and share the Choose Love Formula with your family and friends. Get everyone to take part in our daily action steps.

FEBRUARY 2022

choose love™ Awareness MONTH 2022

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|---|---|---|---|
|  <p>Have a lot of fun</p> | | <p>1 SHOW OFF YOUR BRAVE POSE! DRAW A PICTURE OF YOURSELF IN YOUR BRAVE POSE.</p>  | <p>2 WATCH THE "WHAT IS COURAGE" VIDEO.</p> | <p>3 READ A POEM ABOUT COURAGE THEN WRITE YOUR OWN.</p>  | <p>4 FEARLESS FRIDAY! DO SOMETHING YOU NEVER DID BEFORE.</p>  | <p>5 BE COURAGEOUS BY SAYING "I'M SORRY" FOR SOMETHING YOU DID.</p>  |
| | | FEB 1-6 IS COURAGE WEEK! | | | | |
| <p>6 READ THE POEM, "AIM HIGH TO THE SKY" BY JAMES MCDONALD. WHAT CAN YOU DO?</p> | <p>7 PRACTICE GRATITUDE BREATHS TO FEEL THANKFUL & HAPPY.</p>  | <p>8 WATCH THE "WHAT IS GRATITUDE" VIDEO.</p> | <p>9 READ A POEM ABOUT GRATITUDE THEN WRITE YOUR OWN.</p>  | <p>10 THANKFUL THURSDAY. WHAT ARE 3 THINGS YOU ARE THANKFUL FOR?</p>  | <p>11 WRITE A THANK YOU NOTE TO SOMEONE.</p>  | <p>12 MAKE A PAPER GRATITUDE QUILT. DRAW PICTURES OF WHAT YOU ARE THANKFUL FOR. PATCH THEM TOGETHER.</p> |
| | | FEB 7-13 IS GRATITUDE WEEK! | | | | |
| <p>13 TELL SOMEONE WHY YOU ARE GRATEFUL FOR THEM & HAVE THEM DO THE SAME.</p> | <p>14 HAPPY VALENTINE'S DAY. SHARE LOVE ALL DAY LONG!</p>  | <p>15 FORGIVENESS IS A GIFT TO YOURSELF. TAKE A FORGIVENESS BREATH.</p> | <p>16 WATCH THE "WHAT IS FORGIVENESS" VIDEO.</p>  | <p>17 READ A POEM ABOUT FORGIVENESS THEN WRITE YOUR OWN.</p>  | <p>18 MAKE A "FORGIVE AND THEN FORGIVE S'MORE" CRAFT FROM PAPER AND COTTON.</p>  | <p>19 WHAT ARE DIFFERENT WAYS TO SAY YOU ARE SORRY?</p>  |
| | | FEB 14-20 IS FORGIVENESS WEEK! | | | | |
| <p>20 PUT HANDS IN A FIST, TAKE A BREATH, THEN EXHALE AND LET GO AND BE FORGIVING.</p>  | <p>21 MAKE A CHOOSE LOVE FORMULA SIGN AND HANG IT IN YOUR KITCHEN OR CLASSROOM!</p>  | <p>22 WATCH THE "WHAT IS COMPASION-IN-ACTION" VIDEO.</p>  | <p>23 READ A POEM ABOUT COMPASION THEN WRITE YOUR OWN.</p> | <p>24 BE KIND TO YOURSELF. WRAP YOUR ARMS AROUND YOUR BODY AND HUG YOURSELF.</p>  | <p>25 TREAT YOURSELF LIKE ROYALTY. MAKE YOURSELF A CROWN.</p>  | <p>26 MAKE KINDNESS NOTES AND LEAVE THEM WHERE OTHERS WILL FIND THEM.</p>  |
| | | FEB 21-28 IS COMPASION-IN-ACTION WEEK! | | | | |
| <p>27 SHOW COMPASSION FOR OTHERS. OFFER A KIND WORD OR SHARE A SMILE!</p>  | <p>28 CHOOSE LOVE EVERY DAY! WRITE LOVE IN BIG LETTERS & PUT IT WHERE YOU CAN SEE IT.</p> | <p>COURAGE + GRATITUDE + FORGIVENESS + COMPASSION IN-ACTION = THE CHOOSE LOVE FORMULA</p> | | | | |

"Life doesn't frighten me at all."—Maya Angelou