


April is the National Month of Hope. Hope is believing in yourself. Even when things may be challenging, find things to be grateful for and this will give you hope. This month, enjoy things in Spring to be grateful for like the flowers in bloom, warm temperatures and longer days. Remember to Choose Love every day and help create a ripple effect that reaches far and wide.

APRIL 2022



choose love™ movement

SUN	MON	TUE	WED	THU	FRI	SAT
<p>3 IT'S FIND A RAINBOW DAY. CREATE YOUR OWN RAINBOW.</p> 	<p>4 MEDITATION MONDAY. TAKE A MINDFUL MINUTE.</p> 	<p>5 WHAT DO YOU HAVE TO DO TODAY? CHANGE "I HAVE TO" TO "I GET TO" AND SEE HOW IT MAKES YOU FEEL.</p>	<p>6 DAY OF HOPE. WHAT ARE YOU GRATEFUL FOR TODAY?</p> 	<p>7 MAKE A HAND-PRINT FLOWER!</p> 	<p>1 WHY IS EVERYONE EXHAUSTED ON APRIL 1? BECAUSE THEY HAD A 31-DAY MARCH.</p> 	<p>2 TAKE TIME OUTSIDE TO LOOK FOR FLOWERS BLOOMING.</p> 
<p>10 THINK OF ALL THE NEW POSSIBILITIES THAT SPRING BRINGS.</p>  <p>LIFE IS A GIFT. SMILE AND ENJOY IT!</p>	<p>11 FIND A SMALL OBJECT LIKE A PEBBLE/MARBLE AS A REMINDER TO BE THANKFUL.</p> 	<p>12 SHOW SELF-COMPASSION BY CREATING A DAILY AFFIRMATION TO KEEP YOU STRONG.</p>	<p>13 SAY SOMETHING NICE TO EVERYONE TODAY.</p> 	<p>14 HAVE THE COURAGE TO TRY SOMETHING YOU'VE NEVER DONE BEFORE.</p>	<p>8 KINDNESS BRINGS HAPPINESS.</p> 	<p>9 SAY "THANK YOU" TO SOMEONE WHO HELPS YOU EVERY DAY. <i>Thank you</i></p>
<p>17 VISIT A LOCAL FARM OR GROW YOUR OWN HERB GARDEN.</p> 	<p>18 EARTH WEEK. MAKE AN EARTH DAY POSTER. WHY ARE YOU GRATEFUL FOR EARTH?</p>	<p>19 LISTEN TO THE SONG, "WHAT A WONDERFUL WORLD" BY LOUIS ARMSTRONG.</p> 	<p>20 REDUCE. RECYCLE. AND REUSE. TODAY EVERY DAY.</p> 	<p>21 IT'S NATIONAL HIGH FIVE DAY!</p> 	<p>15 TELL SOMEONE HOW MUCH YOU CARE ABOUT THEM.</p> 	<p>16 PLAY AN OLD SCHOOL OUTDOOR GAME. FRISBEE, HOPSCOTCH, RED LIGHT, GREEN LIGHT.</p>
<p>24 VISIT A LOCAL FARM OR GROW YOUR OWN HERB GARDEN.</p> 	<p>25 LAUGH, SMILE, EXTEND A HELPING HAND. IT COSTS NOTHING TO BE KIND.</p> 	<p>26 TAKE A GRATITUDE BREATH.</p> 	<p>27 HAKUNA MATATA! IT MEANS "NO WORRIES". MAKE THIS YOUR THEME FOR THE DAY!</p>	<p>28 IT'S SUPERHERO DAY! WHAT'S YOUR SUPER-HERO NAME AND SUPERPOWER?</p> 	<p>22 EARTH DAY THEME IS INVEST IN OUR PLANET. WHAT CAN YOU DO TO MAKE THE WORLD BETTER?</p>	<p>23 TAKE A WALK OUTSIDE AND LOOK FOR HEART SHAPES IN NATURE.</p> 
<p>30 IT'S ARBOR DAY. DO YOU HAVE A FAVORITE TREE? CLIMB IT, SIT UNDER IT OR ADMIRE IT FROM AFAR.</p> 	<p>29 TODAY IS INTERNATIONAL DANCE DAY! TAKE A DANCE BREAK. DO YOUR HAPPY DANCE!</p>	<p>28 IT'S SUPERHERO DAY! WHAT'S YOUR SUPER-HERO NAME AND SUPERPOWER?</p> 	<p>29 TODAY IS INTERNATIONAL DANCE DAY! TAKE A DANCE BREAK. DO YOUR HAPPY DANCE!</p>	<p>29 TODAY IS INTERNATIONAL DANCE DAY! TAKE A DANCE BREAK. DO YOUR HAPPY DANCE!</p>	<p>30 IT'S ARBOR DAY. DO YOU HAVE A FAVORITE TREE? CLIMB IT, SIT UNDER IT OR ADMIRE IT FROM AFAR.</p> 	<p>30 IT'S ARBOR DAY. DO YOU HAVE A FAVORITE TREE? CLIMB IT, SIT UNDER IT OR ADMIRE IT FROM AFAR.</p> 

"Be a rainbow in someone else's cloud." - Maya Angelou