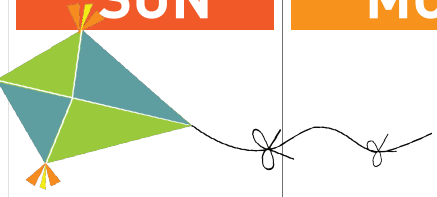














It's 'March to Your Goals' month! Writing down your goal will make it more likely that you will achieve it. Trying something new takes courage. Conquering something new creates self-confidence and pride. Setting a goal and achieving it is Choosing Love.

MARCH 2022



SUN	MON	TUE	WED	THU	FRI	SAT
		1 SET A GOAL FOR MARCH! WHAT CAN YOU LEARN, READ OR MAKE THIS MONTH? 	2 CELEBRATE DR. SEUSS' BIRTHDAY BY READING A NEW BOOK. 	3 MAKE A POT TO COLLECT GOLD COINS FOR GOOD DEEDS. HOW MUCH GOLD CAN YOU EARN BY ST. PAT'S DAY? 	4 FEARLESS FRIDAY! SHOW OFF YOUR BRAVE POSE. 	5 IT'S NATIONAL PLAY OUTSIDE. "HAVE A LOT OF FUN" IN THE FRESH AIR.
6 MAKE THE WORLD A BETTER PLACE. SHARE A SMILE ALL DAY LONG.	7 DO A HAPPY DANCE AND CELEBRATE HOW SPECIAL YOU ARE. 	8 MARCH GOAL CHECK IN. WHAT CAN YOU DO TO REACH YOUR GOAL? 	9 BE COMPASSIONATE AND HELP SOMEONE TODAY. 	10 TAKE A ONE MINUTE MEDITATION BREAK. 	11 DO A KIND ACT FOR A FAMILY MEMBER OR FRIEND. 	12 IT'S PLANT A-FLOWER DAY. PLANT SOME SEEDS AND WATCH THEM GROW! 
13 OBSERVE NATURE. WATCH THE CLOUDS MOVE OR THE BIRDS FLY. 	14 PLAY A CARD GAME OR BOARD GAME. 	15 DO SOMETHING TO HELP REACH YOUR MARCH GOAL.	16 NAME 3 THINGS YOU ARE GOOD AT DOING. 	17 HAPPY ST. PATRICK'S DAY! HOW FULL IS YOUR POT OF GOLD? 	18 TAKE A ONE MINUTE MEDITATION BREAK. 	19 CREATE A CHOOSE LOVE SIGN. 
20 CELEBRATE THE 1ST DAY OF SPRING WITH A WALK OUTSIDE. 	21 CELEBRATE WORLD POETRY DAY! READ A POEM OR WRITE ONE FOR SOMEONE SPECIAL.	22 KEEP REACHING FOR YOUR MARCH GOAL. DON'T BE AFRAID TO ASK FOR HELP! 	23 IT'S NATIONAL PUPPY DAY! DRAW A PICTURE OF YOUR FAVORITE KIND OF DOG.	24 BE A GOOD HELPER TODAY. 	25 LOOK AROUND AND SPOT THREE THINGS THAT MAKE YOU HAPPY. 	26 SHOW GRATITUDE FOR PEOPLE MAKING YOUR LIFE BETTER. 
27 LOOK UP AND OUT AT THE WORLD WITH A TV OR DEVICE-FREE DAY.	28 IT'S RESPECT YOUR CAT DAY. SHOW KINDNESS TO ALL ANIMALS. 	29 MARCH GOAL CHECK IN. ARE YOU ALMOST FINISHED? 	30 CLOSE YOUR EYES. TAKE A DEEP BREATH & FEEL CALM. 	31 DID YOU COMPLETE YOUR GOAL? YES? HOORAY! NO? KEEP GOING!	 Have a Lot of fun	