

# WHAT DOES IT MEAN TO CHOOSE LOVE?

*When we Choose Love it means we show courage, we are grateful for the good in our lives, we forgive those who have hurt us, and we are compassionate to others.*

YOU CAN CHOOSE LOVE BY FOLLOWING THE CHOOSE LOVE FORMULA:



## Courage

means to work through problems and feelings like embarrassment, fear or uncertainty. When you practice courage, you make positive choices even when it may be difficult for you.

## Gratitude

mindful thankfulness and the ability to be thankful even when things in life are hard. When you practice gratitude you feel thankful and want to share that feeling with others.

## Forgiveness

is the choice to let go of anger toward yourself or someone else, to let go of thoughts of revenge, and to move forward with your personal power intact.

## Compassion-in-Action

in action is when you put yourself in someone else's shoes and try to feel what that person feels. Then you take action by helping someone in need without wanting anything in return.

# HOW TO CHOOSE LOVE EVERY DAY

*When we Choose Love we have an opportunity to do something – big or small – for ourselves and for others. Our actions can create a ripple effect that will make this world a better place.*

## Courage – take a Brave Breath and

- Try something new
- Ask for help
- Do the right thing even if it's hard
- Tell the truth

## Gratitude – have an “Attitude of Gratitude” by

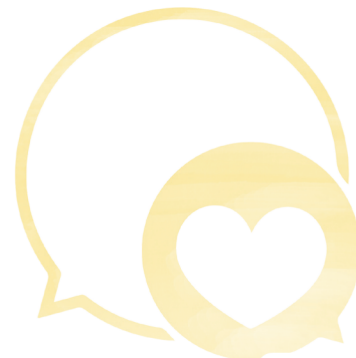
- Saying thank you
- Finding the good in yourself and others
- Being thankful for what you have
- Looking for the silver lining and making the best of the situation

## Forgiveness – Let it go and

- Forgive yourself for mistakes you've made
- Forgive others who have made mistakes or hurt you in some way
- Turn angry thoughts into loving thoughts
- Don't try to “get even” with someone by hurting them in any way

## Compassion in Action – be understanding and kind to others by

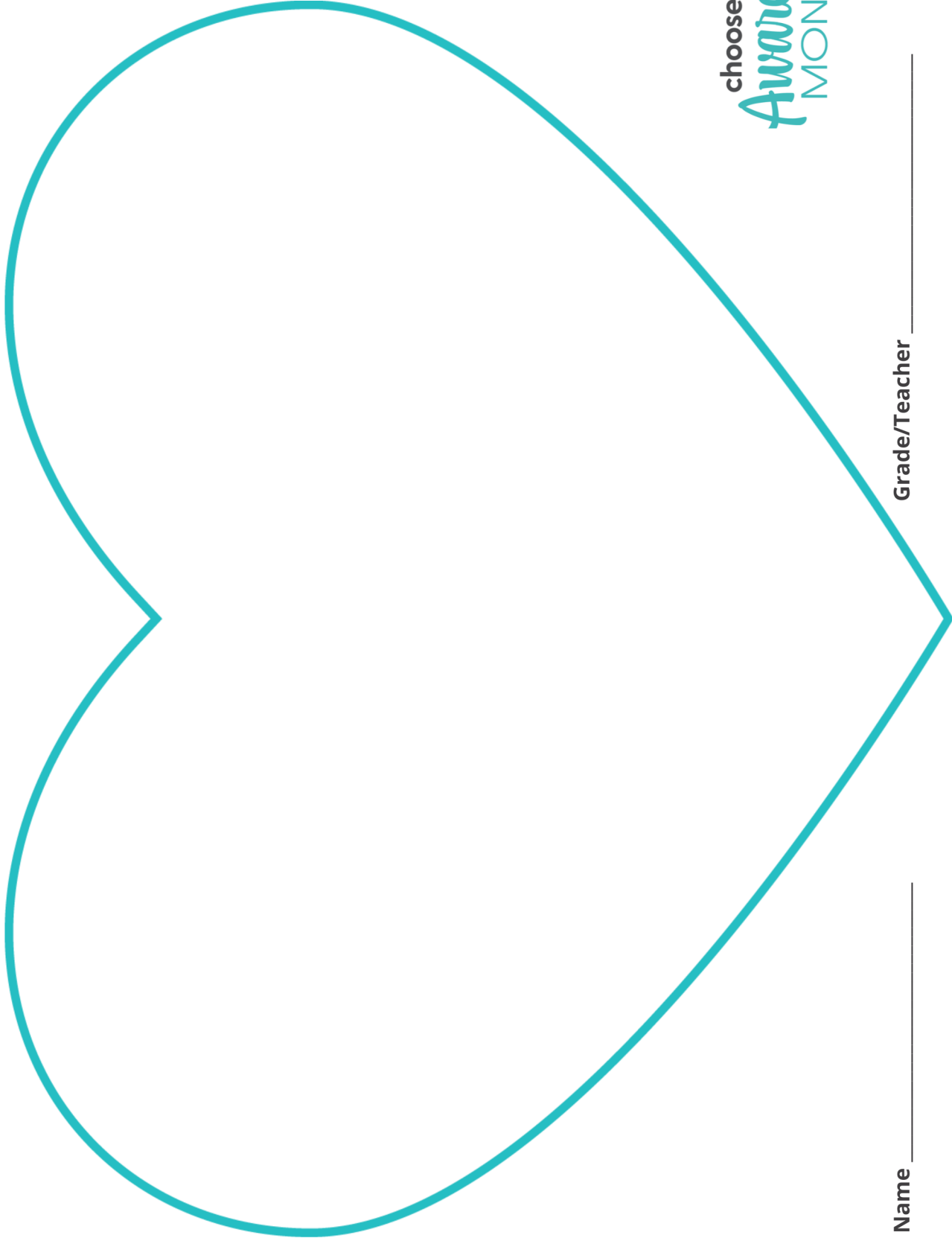
- Thinking about how someone else feels and trying to make them feel better
- Offering to help someone who is in need
- Using caring words and actions
- Smiling and giving a compliment to someone



# I CHOOSE LOVE IN ACTION!

Courage + Gratitude + Forgiveness + Compassion in Action = Choosing Love

I can CHOOSE LOVE by... \_\_\_\_\_



Name \_\_\_\_\_

Grade/Teacher \_\_\_\_\_