

COURAGE + GRATITUDE + FORGIVENESS + COMPASSION IN-ACTION = THE CHOOSE LOVE FORMULA

choose love™
movement

April is the NATIONAL MONTH OF HOPE.

APRIL 2023

When we face challenges, finding things to be grateful for gives us hope. This month, enjoy the things in Spring that you are grateful for and make you feel happy and hopeful. Enjoy the flowers blooming, warmer weather and longer days. Remember to practice Choosing Love every day to continue the ripple effect that reaches far and wide.

SUN

MON

TUES

WED

THUR

FRI

SAT




Earth Day is April 22!




1 Why is everyone exhausted on April 1? Because they had a 31-day March. Give yourself a hug.

2 Take time outside to look for flowers blooming.




3 It's Find a Rainbow Day. Create your own rainbow.



4  Take a 1-minute meditation break.

5 What do you have to do today? Change "I have to" to "I get to" and see how you feel.



6 What are you grateful for today?

7 Make a handprint flower!




8 Kindness brings happiness. Do an act of kindness.



9 *Have a Lot of fun!*

10 Think of all the new possibilities that Spring brings.

11 Get crafty! Paint gratitude rocks.



12 Show self-compassion by creating a daily affirmation to keep you strong.

13 Say something complimentary to 3 people today.



14 Have the courage to try something you've never done before.

15 Tell someone how much you care about them.




16 Life is a gift. Smile and enjoy it!



17 It's Earth Week. Why are you grateful for Earth?

18 Take a hike and leave some of your gratitude rocks along the way to brighten someone's day.

19 Listen to the song, "What a Wonderful World" by Louis Armstrong.



20 It's National High Five Day!



21 Reuse. Reduce. Recycle. Today and every day.



22 It's Earth Day! What can you do to make the world better?


23 Visit a local farm or plant your own herb garden.



24 Take a walk outside and look for heart shapes in nature.

25 Laugh, smile or extend a helping hand. It costs nothing to be kind.


26 Take a gratitude breath.



27 Hakuna Matata means 'No Worries.' Make this your theme for the day!

28 It's Superhero Day! What's your superpower?

29 Today is International Dance Day! Take a dance break. Do your happy dance!



30 It's Arbor Day. Do you have a favorite tree?

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