

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




















choose love™
movement

It's Family Fun and National Wellness Month!

AUGUST 2023



August is Family Fun Month and National Wellness Month. Our daily Choose Love action tips will help you focus on self-care, creating healthy routines and family fun! Choose Love each day with your family because peace and happiness starts at home.

SUN	MON	TUES	WED	THUR	FRI	SAT
<p><i>Have a lot of fun</i></p>		<p>1 Make healthy habits a part of your daily routine for the entire month.</p>	<p>2 What are you grateful for today? Take a minute to share your gratitude with your family.</p>	<p>3 Take a 30-second meditation break. Think "I am calm. I am safe. I am love."</p>	<p>4 Take a walk or go on a bike ride with your family.</p> 	<p>5 Enjoy today with a family picnic or trip to the park.</p> 
<p>6 Try a summer sport like volleyball, mini golf or a water sport.</p>	<p>7 Play a card game like Uno or Go Fish.</p> 	<p>8 Happiness Happens Day. Remember happiness is a choice, and what a great choice to make.</p>	<p>9 Being kind creates happiness. Do an act of kindness.</p> 	<p>10 Practice being a good sport.</p> 	<p>11 Work on a puzzle. It can help reduce stress and improve your memory.</p>	<p>12 Start a bedtime routine. Read a short story, draw or write in a journal, or listen to soft music.</p>
<p>13 Say something nice to everyone today.</p> 	<p>14 Draw a picture of your favorite summer activity or place.</p>	<p>15 National Relaxation Day. Have an easy, breezy day and carve out time to meditate.</p>	<p>16 Take a compassion breath.</p> 	<p>17 Create your own family coat of arms.</p> 	<p>18 Go to the beach, lake, river or pond and see what critters you find.</p> 	<p>19 Eat fresh fruit or vegetables from a local farm or garden.</p> 
<p>20 Plan a family activity and take a fun family selfie.</p>	<p>21 Go to bed early. A good night's sleep will make your day.</p> 	<p>22 Have a lot of family fun!</p> 	<p>23 Take a walk outside and look for heart-shaped rocks, clouds or shells.</p>	<p>24 Don't worry, be happy.</p> 	<p>25 Be Kind to Humankind Day. Kindness encourages empathy while improving our well-being Be kind!</p>	<p>26 Make the world a better place. Recycle plastic and paper.</p> 
<p>27 Lend a helping hand to a family member or an elderly neighbor.</p>	<p>28 Mail a card to a relative who lives far away.</p> 	<p>29 Choose Love today and every day.</p>	<p>30 Take a mindful minute.</p> 	<p>31 Smiles are free. Give one to everyone.</p> 		

"Happiness is not something ready made. It comes from your own actions." –Dalai Lama