








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

choose love[™]
movement

October is a month for choosing **COURAGE!**

Courage is making the choice to do something difficult even when there is risk of embarrassment, fear or uncertainty. Courageous people tell the truth and stand up for what is right. By Choosing Love we can help each other with kindness and understanding.

OCTOBER 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
1 How can you show courage? 	2 What are some things that you are afraid of?	3 Draw yourself as a super hero. 	4 It takes courage to ask for help. Practice asking for help. 	5 It's National Do Something Nice Day! Be kind and make someone happy.	6 Who is your hero? How do they show courage? 	7 Speak up! Have the courage to let your voice and ideas be heard! 
8 Write a list of your strengths to boost your courage and confidence!	9 Columbus Day/ Indigenous Peoples Day. Be brave enough to do what is right.	10 Roar like Katy Perry. 	11 It's National Stop Bullying Day. Have the courage to say something if you see or hear something.	12 How can you make everyone feel accepted? 	13 If you hurt someone's feelings, have the courage to talk to them.	14 Choosing Love is being kind and caring. 
15 Fear is like fire – If we feed it, it quickly grows out of control. 	16 Courage is respecting someone else's opinion even if it is different from yours.	17 Take a brave breath then practice your brave pose. 	18 It's Unity Day! Wear orange and choose kindness, acceptance and inclusion. 	19 It takes a lot of courage to stand up to others and even more to speak up to friends.	20 When you believe in yourself, anything is possible. 	21 It's ok to fail. It is part of learning. Have the courage to trust the process.
22 Practice self-control. Stop and think before you act!	23 Work out your courage muscles. 	24 How are you feeling? Take time to identify your emotions.	25 Have a lot of fun 	26 Courage is doing the right thing, even if it may be hard. How are you courageous?	27 Read a book about courage. How are the characters brave? 	28 What is something you do well and something you'd like to do better?
29 Having perseverance means to keep trying until you get it right.	30 Be brave. Be bold. Be YOU! 	31 BOO!!! Happy Halloween! 				

"Life doesn't frighten me at all." –Maya Angelou