

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

Make every year a year of **CHOOSING LOVE!**

DECEMBER 2023

Let's end this year on an incredible note! Do your best to Choose Love every day this month and remember to have a lot of fun! You are helping to make our world a better place!

SUN	MON	TUES	WED	THUR	FRI	SAT
						1 Do one small act of kindness.
					2 Make a list of gifts to give rather than receive. 	
3 <i>Have a Lot of fun</i>	4 Donate a toy or book to a local hospital, or shelter. 	5 You are loved and worthy of love. 	6 Show off your superpowers today. Hint: Your smile is your best superpower.	7 Write about something good that happened this year.	8 Take a "mindful" minute. 	9 Make a card for a service member or first responder.
10 Do chores around the house without being asked.	11 Let a friend know you care. 	12 Show compassion and understanding today. Do something nice for someone who needs it.	13 Go outside today and have fun in nature. 	14 Choose Love! Think how your courage and kindness can help someone else. 	15 Write a poem about the holiday season or about your family traditions.	16 Hold the door open for someone.
17 Give someone a compliment. 	18 Send a holiday card to someone special. 	19 Donate pet food or a toy to a local animal shelter. 	20 <i>Have a Lot of fun</i>	21 Light up your night with a walking tour of your neighborhood holiday lights.	22 Make a thank you card for an essential worker.	23 Make a paper snowflake.
24 Share what you love.	25 HAPPY HOLIDAYS! 	26 Zoom with a distant family member.	27 Be kind to yourself. Stay positive. 	28 Write about some of your favorite things this year.	29 Play a board game with your family. 	30 Take a compassion breath.
31						

Think about what goals you want to achieve next year!

“Children are the world’s most valuable resource and its best hope for the future.” –John F. Kennedy