

FEBRUARY 2024



February is Choose Love Awareness Month! It's a time to focus on ways you can bring more Nurturing Healing Love to yourself and others. Choose Love every day by learning and practicing the Choose Love Formula.



SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
<p>♥ Making the world a better place. ♥</p> <p>COURAGE + GRATITUDE + FORGIVENESS + COMPASSION = THE CHOOSE LOVE FORMULA</p>				<p>Courage Week</p> <p>Celebrate Your Courage This Week.</p>	<p>Take a brave breath.</p>	<p>Show off your Brave Pose! Draw a picture of yourself in your brave pose.</p>
4	5	6	7	8	9	10
<p>It takes Courage to try. If you fail, try, try again.</p>	<p>Create a Starfish Moment using courage.</p>	<p>It takes Courage to try. If you fail, try, try again.</p>	<p>Do you know a song or a story about bravery?</p>	<p>Gratitude Week</p> <p>Thank You for Choosing Love!</p>	<p>Take a gratitude breath.</p>	<p>Name 3 things that you are grateful for today.</p>
11	12	13	14	15	16	17
<p>Let people know that you appreciate their love and their support.</p>	<p>Who are your grateful for and why?.</p> <p>I AM SO GRATEFUL</p>	<p>Replace "Have to" with "Get to" and see how that changes things.</p>	<p>Happy Valentine's Day! Give a card to someone who won't expect it.</p>	<p>Forgiveness Week</p> <p>Forgiveness is a gift to yourself.</p>	<p>Take a forgiveness breath.</p> <p>FORGIVENESS IS GOOD</p>	<p>Ask for forgiveness, and forgive yourself.</p>
18	19	20	21	22	23	24
<p>Meditate about forgiveness. Say, "I am forgiving. I am calm. I will let go of anger."</p>	<p>Draw a picture of you cutting the cord to anger and hurt.</p>	<p>Write down something that makes you angry. Then tear it up and throw it away.</p>	<p>Choose a loving thought over an angry thought.</p>	<p>Compassion in Action Week</p> <p>It feels good to choose Compassion-in-Action.</p>	<p>Take a forgiveness breath.</p>	<p>Do something special for yourself today. Take a self-compassion break.</p>
25	26	27	28	29	1	2
<p>Help someone with a problem today. Sometimes just listening can help.</p>	<p>Make a Choose Love Formula sign and hang it where you can see it every day!</p>	<p>Be kind to your family, your friends, your classmates and your teachers.</p>	<p>Create a Starfish Moment by doing a random act of kindness.</p>	<p>Make something for someone special. A work of art, song or special breakfast.</p>		

