







Forgiveness is a gift you give yourself!

JANUARY

choose loveTM
movement

SUN	MON	TUE	WED	THU	FRI	SAT
31 	1 Happy New Year! Meditation Mondays	2 Make a list of things you want to do this year.	3 Create a class routine like a special wave or dance.	4 Be a good sport, win or lose.	5 Forgiveness Friday: Why is important to forgive?	6 
7 "Always remember you are braver than you believe, stronger than you seem, smarter than you think, and loved more than you know." -- Winnie the Pooh	8 Take a 30 second meditation break.	9 Do a "Try Not to Laugh" challenge.	10 Draw a picture of something you have fun doing.	11 Give a hand heart instead of a wave.	12 Forgiveness Friday: Create a Forgiveness recipe.	13 It's Rubber Duck Day!
	15 Close your eyes and take a deep breath.	16 Take a walk outside and listen to the sounds.	17 Plan a fun surprise for someone special.	18 Winnie the Pooh Day!	19 Forgiveness Friday: Forgive and Forgive S'More!	20 
21 	22 Find a rainbow! Take mental notes of colors in your room.	23 Have A Lot of Fun!	24 Write kind notes & leave them all over for others to find.	25 Be Kind and Smile!	26 Forgiveness Friday: Let go of anger and resentment.	27 
28 	29 It's National Puzzle Day. It's a fun way to practice mindfulness.	30 What are 3 things you have fun doing?	31 Laugh Out Loud! 	1	2	3
				<p>Forgiveness doesn't mean forgetting or excusing what you feel or what someone else did. It means cutting the cord that attaches you to pain and letting it go! Forgiveness is a gift you give yourself.</p>		

