







MARCH

2024

choose love™
movement



SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	1	2
<p>March to your Goals! The simple act of writing down your goals will make it more likely that you will achieve them. In March let's practice making a goal and steps toward achieving it. It takes courage to reach for your goals, and helps create confidence and pride.</p>					<p>Make a Cat in a Hat!</p> 	<p>Dr. Seuss Day!</p> 
3	4	5	6	7	8	9
	<p>Set Your March Goal. What can you do to achieve it?</p>	<p>Are we having fun yet?</p>	<p>Greet people with a smile or wave.</p>	<p>If you dream it, you can do it!</p>	<p>Find heart shapes outside.</p>	
10	11	12	13	14	15	16
	<p>March goal check in.</p>	<p>Make the world a better place. Start with a smile.</p>	<p>Get your ducks in a row.</p> 	<p>Embrace change. Change makes us stronger.</p>	<p>Make a rainbow and pot of gold. Slowly follow each color of the rainbow with your finger while taking a breath in and then a breath out.</p>	
17	18	19	20	21	22	23
	<p>How can your reach your goal?</p>	<p>Laugh Out Loud!</p>	<p>What are you grateful for today?</p>	<p>Listen to 'This Is Me' by Keala Settle.</p>	<p>Find heart shapes inside.</p> 	
24	25	26	27	28	29	30
	<p>Did you reach your goal? If not keep going. You can do it!</p>	<p>Be kind to yourself today.</p>	<p>Take a mindful minute.</p>	<p>Choose Love today and every day.</p>	<p>Good Friday</p> <p>Love wins!</p>	
31	1	2	3	4	5	6
<p>EASTER</p>	<p>"Unless someone like you cares a whole awful lot, Nothing is going to get better. It's not." — Dr. Seuss, The Lorax</p>					<p>COURAGE + GRATITUDE + FORGIVENESS + COMPASSION = THE CHOOSE LOVE FORMULA</p>

