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Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #90: FIND A GRATITUDE ROCK



Want to improve your mood with gratitude but having difficulty remembering to practice each day? A gratitude rock can help.

Did you know that incorporating a daily gratitude practice in your day can have benefits on your mental and physical health? It may help improve your mood, self-esteem and relationships with others. Gratitude can be defined as showing appreciation for something or someone. It is acknowledging all that we feel fortunate to have in our lives.

Expressing gratitude can occur in a few minutes. One way to dive deeper into your gratitude is to think specifically about why you are grateful for the person or thing. Connecting back to the reasons you enjoy having each person or thing in your life may help you feel an even greater appreciation for all that you have. During our busy days, it is often easy to forget to practice gratitude. Having an item that serves as a daily reminder, such as a gratitude rock, may be beneficial.

Practice Gratitude Today:



1. GO FOR A WALK TO FIND YOUR ROCK; PAYING ATTENTION TO SIGHTS, SOUNDS, AND SMELLS AS YOU WALK.
2. SELECT A ROCK THAT FEELS SPECIAL TO YOU AND THAT YOU WOULD NOT MIND CARRYING WITH YOU.
3. HOLD THE ROCK IN YOUR HANDS, CLOSE YOUR EYES AND THINK OF ONE THING YOU ARE GRATEFUL FOR, SUCH AS YOUR FAMILY, HAVING FOOD, OR JOB SECURITY.
4. AFTER CHOOSING ONE THING, THINK OF UP TO FIVE REASONS YOU ARE GRATEFUL FOR IT. FOR EXAMPLE, YOU MAY BE GRATEFUL FOR FOOD BECAUSE IT FILLS YOUR STOMACH, GIVES YOU ENERGY TO RUN, AND SATISFIES YOUR TASTE BUDS.
5. KEEP THIS ROCK IN YOUR BEDROOM OR CARRY IT WITH YOU WHEREVER YOU GO.
6. EACH TIME YOU SEE IT, THINK OF ONE THING YOU ARE GRATEFUL FOR WITH UP TO 5 DETAILS.



Parent Practice Tip:

Remind your child(ren) to practice gratitude each day. At the end of a day, ask your child(ren) if they have practiced gratitude that day yet. If they have not, spend a few minutes discussing something they are grateful for and why.

To Learn More:

**[Guided Walking Meditation](#)
[Short Animated Gratitude Video](#)**

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CHOOSING LOVE TODAY #89: DEVELOP YOUR ORGANIZATIONAL SKILLS



Would you like more peace of mind & less daily life stress? Organizational skills can help!

When there is a lot going on in the world and in your life, organizational skills may help you feel grounded and reduce your daily stress. An example would be having the skills to arrange your day so that you don't feel rushed. Organizational skills may also increase your productivity by allowing you to know where things are at all times and work more efficiently. There are many benefits of organizational skills that may help you during this time and throughout your life. It may take some courage to get started though.

Courage is shown when you are nervous to do something, but do it anyway! You can show courage each day by trying new things and stepping out of your comfort zone. Trying to learn new skills can be scary too but once you get started, it often becomes easier to keep going. Consider trying the following steps to start your journey towards a more organized, stress-reduced life.

Practice Courage Today:



1. CLEAN YOUR SPACE. IF THE PHYSICAL SPACE YOU WORK IN IS ORGANIZED, YOUR PRODUCTIVITY MAY INCREASE AS EVERYTHING WILL BE EASIER TO FIND.
2. IDENTIFY YOUR GOALS. DECIDE WHAT YOU PLAN TO WORK TOWARDS AND HOW YOU WILL ACCOMPLISH THESE GOALS. HAVING THESE CLEARLY STATED WILL HELP YOU STAY ON THE PATH TOWARDS ACCOMPLISHMENT.
3. NOW THAT YOU KNOW YOUR GOALS, CREATE A DAILY "TO DO" LIST TO WORK TOWARDS THEM, WITH THE HIGHEST PRIORITY ITEMS FIRST.
4. CREATE A SCHEDULE. DOING SO IN ADVANCE WILL PREPARE YOU FOR THE DAY AHEAD. BE SURE TO INCLUDE TIME FOR BREAKS THROUGHOUT.
5. SCHEDULE TIME IN TO CELEBRATE SMALL ACCOMPLISHMENTS. AFTER COMPLETING A FEW ITEMS ON YOUR "TO-DO" LIST, REWARD YOURSELF BEFORE CONTINUING WITH YOUR WORK. THIS WILL HELP YOU FEEL REFRESHED FOR THE REST OF THE TASKS.



Parent Practice Tip:

Talk with your child(ren) about how organizational skills will help them in school and throughout life to encourage their own desire to build these skills.

To Learn More:

Teaching Children Organization at Various Ages
6 Habits of Highly Organized People

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CHOOSING LOVE TODAY #88: PRACTICE GOAL-SETTING!



Do your goals seem out of reach? Do you have difficulty seeing your goals? Take the time to practice goal-setting strategies!

"Sometimes we have to do the work even though we don't yet see a glimmer on the horizon that it's actually going to be possible."- Angela Y. Davis

Work towards your goals even if they seem far away or even impossible to attain. It is important during this time to remember why our goals are important. This includes remembering who our goals will help and the implications of our goals. If your goal is to donate money towards good causes but you are short on money currently, then it can be important to remember that you can donate with some of your time and make goals to still donate money to good causes in the future. You can have small goals that lead to bigger goals and goal-setting through plans that can help you feel more equipped to eventually get to your future goals. Remember to feel empowered and rewarded by your actions towards your goals and your completion of goals!

Practice Compassion Today:



1. WRITE DOWN YOUR BIG GOAL.
2. THINK ABOUT WHY YOUR BIG GOAL IS IMPORTANT TO YOU AND TO OTHERS.
3. WRITE DOWN WHY YOUR BIG GOAL IS IMPORTANT TO YOU AND TO OTHERS AS A VISUAL REMINDER.
4. THINK OF DIFFERENT SMALLER GOALS THAT CAN LEAD YOU TO YOUR BIG GOAL. THIS HELPS YOU SEE WHEN YOU FEEL BARRIERS TO YOUR BIG GOAL TO SEE IT AS 'POSSIBLE'.
5. MAKE PLANS FOR YOUR SMALL GOALS AND HOW THEY WILL CONNECT TO YOUR BIG GOAL. THINK ABOUT WAYS TO PLAN THAT WILL WORK BEST FOR YOU, SUCH AS USING A MONTHLY CALENDAR OR BULLET JOURNAL.



Parent Practice Tip:

Show your child(ren) some small tasks they can do that will help them eventually get to bigger goals, such as helping you take care of a plant in a pot to eventually plant it in your garden. Show them that small goals can help them achieve bigger goals over time!

To Learn More:

What is Compassion?

Importance of Self Management

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CHOOSING LOVE TODAY #87: BUILD RECIPROCAL RELATIONSHIP WITH SCHOOL/JOB



Do you feel like you could have more support at your school/job? Do you also not know how to pay it forward? Learn how to support your school/job and ask for support in return.

It can be difficult working in an environment where you do not feel supported. You can start to feel unappreciated, isolated, and frustrated by the lack of a sense of community. However, it does not need to be that way. It is okay to ask for help and it is important to mention how your school or job can best support you. Think about the others around you who are also feeling the same way or the people that will come after you. All it can take is a little nudge and mentioning a way your school or job can support you, that can cause a trickle down effect where it helps not only you, but also others around you by introducing more supports in the future. This isn't just done by one person though, and if you see that you have the privilege, use it to help support your school or job become better by recommending helpful resources and strategies.

Practice Compassion Today:



1. THINK ABOUT DIFFERENT SUPPORTS YOU NEED THAT YOUR SCHOOL / JOB CAN PROVIDE (I.E. MORE CULTURAL AWARENESS)
2. TALK TO SOMEONE AT YOUR SCHOOL / JOB THAT YOU TRUST, SUCH AS AN ALLY, AND ASK FOR THEIR SUPPORT ON DIFFERENT WAYS THIS SUPPORT WILL BE HELPFUL.
3. WITH THE HELP OF YOUR ALLIES, MENTION TO YOUR SCHOOL / JOB THE DIFFERENT WAYS THAT YOUR SUPPORT CAN HELP YOU AND THE PEOPLE AROUND YOU HAVE A BETTER SCHOOL OR JOB ENVIRONMENT.
4. ALWAYS REMEMBER THAT WHEN YOU SHARE RESOURCES AND SUPPORTS THAT CAN BE HELPFUL TO YOU, THEY CAN ALSO HELP OTHERS LIKE YOU THAT NEED THEM AS WELL. THIS IS HOW YOU HELP YOUR SCHOOL / OR JOB BE PART OF A BETTER, MORE HEALTHY SYSTEM.



Parent Practice Tip:

Show different ways your child(ren) can ask for support from school. Show your child(ren) how to speak out for others in their classroom or anyone they meet who needs it.

To Learn More:

What is Compassion?
Increase your Self-Awareness

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CHOOSING LOVE TODAY #86: RECIPROCAL RELATIONSHIPS WITH FRIENDS & FAMILY



Do you wish your relationships were different? Are you looking for ways to feel more enriched and fulfilled in relationships? Read this tip!

Sometimes it may feel like we are putting in so much more effort into a relationship and not receiving any love or kindness in return. This can happen during times of high stress, or difficult life transitions. However, when this happens frequently, we want to set boundaries and let others know of the need for reciprocity.

This idea of reciprocity in relationships is relevant to compassion for others and self-compassion. It is compassion for others because we are something kind that feels good to that person. However, when we practice reciprocity in relationships it is a form of self-compassion because we are being kind to ourselves, by setting a boundary and letting others know what we need. Reciprocity does not necessarily have to be equal but it shows recognition and appreciation for the other person in some way.

Practice Compassion Today:



1. EVALUATE YOUR RELATIONSHIPS IN YOUR OWN LIFE.
2. THINK ABOUT ONE SITUATION WHERE YOU FEEL THAT RECIPROCITY WAS NOT HAPPENING AND THINK ABOUT A SITUATION WHERE YOU WERE NOT RECIPROCAL IN A RELATIONSHIP.
3. JOURNAL ABOUT WHAT YOU WOULD DO TO CHANGE EACH SITUATION.
4. FOR THE SITUATION IN WHICH YOU WERE NOT RECIPROCAL, THINK OF WAYS WHERE YOU CAN SHOW APPRECIATION AND GRATITUDE TOWARDS THIS PERSON.
5. FOR THE SITUATION WHERE YOU DID NOT RECEIVE RECIPROCITY, MAKE A LIST OF ALL THE REASONS YOU DESERVE TO HAVE THAT BOUNDARY AND HOW IT CAN IMPROVE YOUR RELATIONSHIPS.



Parent Practice Tip:

Have open conversations with your children about boundaries and what your own relationships look like. Do this at the dinner table to model examples and reinforce practice.

To Learn More:

What is Compassion?

The Importance of Reciprocity in Friendships

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CHOOSING LOVE TODAY #85: PRACTICE RELATIONSHIP BUILDING



**Are you finding it hard to build relationships with others due to past/present conflict?
There are ways to deal with conflict while maintaining or building relationships!**

Conflict is inevitable in any relationship from friendships to sibling and marital relationships, especially given the current tumultuous times. Being in close proximity with others for extended periods of time especially if there are differing opinions on current events will often lead to arguments and disagreements. But there are ways that you can both manage the conflict as well as use it to build your relationship and deepen it.

Engaging in conflict management in your relationships is another way of practicing compassion for both yourself and others. By maintaining that relationship you are ensuring that you continue to have a support system around you which is especially important during these uncertain times. Additionally, by trying to be empathetic and understand others, you are practicing compassion to them!

Practice Compassion Today:



1. ARGUMENTS CAN BECOME HEATED QUICKLY. REMEMBER TO USE "I" STATEMENTS TO TALK ABOUT HOW YOU FEEL RATHER THAN ATTACKING THE OTHER PERSON FOR HOW THEY FEEL OR THINK.
2. FOCUS ON THE PRESENT. TRY TO RESOLVE THE ISSUES OCCURRING BETWEEN YOU AND THE OTHER PERSON AT THE MOMENT RATHER THAN BRINGING UP PAST CONFLICTS.
3. UNDERSTAND AND BE WILLING TO FORGIVE THE OTHER PERSON BECAUSE, AS STATED IN STEP #1, ARGUMENTS MAY GET HEATED AND THINGS MAY BE SAID THAT ARE HURTFUL.
4. KNOW WHEN TO TAKE A BREAK. EMOTIONS MAY RUN HIGH IN A DISAGREEMENT AND SOMETIMES THE BEST THING TO DO IS TAKE A BREAK SO THAT THESE EMOTIONS CAN COOL DOWN.
5. MOST IMPORTANTLY, TAKE TIME TO ACTUALLY THINK ABOUT THE OTHER PERSON'S PERSPECTIVE. THIS IS WHERE THE RELATIONSHIP BUILDING CAN OCCUR, IN TRYING TO UNDERSTAND THAT PERSON.



Parent Practice Tip:

Children often need help with conflict management in their relationships with siblings and friends. Help them to utilize the tips above to build relationship skills.

To Learn More:

What is Compassion?
"I" Statements
Conflict Management

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CHOOSING LOVE TODAY #84: BUILD RECIPROCAL RELATIONSHIPS WITH COMMUNITY



Do you feel supported by your community? Building reciprocal relationships is the key!

"The greatness of a community is most accurately measured by the compassionate actions of its members." — Coretta Scott King (a civil rights activist and wife to MLK)

Sometimes we need support from our community, other times it is important to volunteer and give back to the community. This is what it means to build a reciprocal relationship. Although we may not be able to meet in-person for the time being, we can still be involved in our communities and be supported by them virtually. For a community to be great, it's members need to show compassion to one another.

Compassion is shown when you are understanding of the struggles that others experience, and desire to help them. This can be a small act of kindness, such as checking in on them and asking how they are doing, or a bigger act, such as offering that person a home cooked meal. When you act compassionately to those in your community, this energy will spread and make its way back to you!

Practice Compassion Today:



1. DEVELOP PARTNERSHIPS ACROSS THE COMMUNITY. RESEARCH LOCAL ORGANIZATIONS. FIND ONE THAT CATCHES YOUR ATTENTION AND REACH OUT. SEE HOW YOU CAN HELP.
2. ESTABLISH THE COMMON GOAL YOU HAVE WITH THESE ORGANIZATIONS. THESE ORGANIZATIONS LOOK TO THE COMMUNITY FOR VOLUNTEERS, WHILE SUPPORTING THOSE IN THE COMMUNITY. THIS IS WHAT MAKES IT RECIPROCAL.
3. JOIN ONLINE COMMUNITY GROUPS/ FORUMS. MANY COMMUNITIES HAVE FACEBOOK PAGES / WEBSITES WHERE YOU CAN STAY CONNECTED WITH OTHERS, AND UP-TO-DATE WITH ONGOING EVENTS.
4. HOST COMMUNITY ACTIVITIES (OR DO THEM VIRTUALLY). IF THERE IS AN ACTIVITY YOU THINK WOULD BE A GOOD ADDITION TO YOUR COMMUNITY, START A GROUP.
5. ENCOURAGE OTHERS IN YOUR AREA TO JOIN IN BUILDING RELATIONSHIPS WITH THE COMMUNITY.



Parent Practice Tip:

Help your child(ren) get involved in their community at a young age to teach them the value of having a reciprocal relationship with their community.

To Learn More:

What is a Community? (For Children)

Children Help Their Community

Role of the Community For Parents

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CHOOSING LOVE TODAY #83: HOW TO PRACTICE SELF-DISCIPLINE



Is it difficult to stay on-top of everything? Are you having trouble staying motivated in this new digital environment? Check out this tip!

Walt Disney once said "If you can dream it you can do it". When we have goals, dreams and aspirations, sometimes they can seem difficult to manage. Some of these goals may be multi-step or it may be something that you do everyday. For example recent events may leave you needing more structure to your day or the skills to increase your own advocacy efforts consistently. These are processes that take time and growth, however with practice your efforts can become strengthened.

It takes courage to work on your own skills and cultivate self-discipline. It can feel uncomfortable to initially develop self-discipline. However, having courage in the face of difficult feelings and situations and doing it anyway is powerful. It is important not only for yourself but anyone else who you will help. For this tip we will show you an example with social justice advocacy.

Practice Courage Today:



1. IDENTIFY AN AREA IN YOUR LIFE THAT YOU WANT TO HAVE SELF-DISCIPLINE IN OR THAT YOU WANT TO FOCUS ON IN PARTICULAR. START TO CREATE A PLAN FOR HOW TO REACH THAT GOAL.
2. FIND WAYS TO GET INVOLVED. RESEARCH SOCIAL MEDIA PAGES, WEBSITES, OR ORGANIZATIONS RELATED TO THIS AREA.
3. SET A SCHEDULE FOR YOURSELF WHETHER IT BE DAILY, WEEKLY, MONTHLY, THAT YOU WILL GET INVOLVED AND STAY INVOLVED IN THIS WORK.
4. CONSIDER LINKING YOUR VALUES TO YOUR EFFORTS, AND SET ACHEIVERBAKLE GOALS, SUCH AS I WILL RESEARCH THIS TOPIC FOR ONE HOUR THIS WEEK, AND SHARE INFORMATION TO 10 PEOPLE.
5. IF YOU START TO WAIVER IN YOUR EFFORTS, ASK YOURSELF WHY? RE-EVALUATE IF YOU MUST SHIFT YOUR GOAL TO BE MORE ATTAINABLE. PRAISE YOURSELF WHEN YOU REACH YOUR GOALS, AND GIVE ENCOURAGEMENT WHEN YOU NEED IT.



Parent Practice Tip:

Children can benefit from a visual of their progress. Consider making a visual graph or chart where you can place stickers or check marks every time they reach a benchmark as a form of encouragement.

To Learn More:

[What is Courage?](#)

[Teaching Kids Self-Discipline](#)

[More Tips for Self-Discipline in Kids](#)

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CHOOSING LOVE TODAY #82: TELL SOMEONE WHAT YOU LIKE ABOUT THEM



Want to be there for a friend, but not sure how to start? Lift their mood and yours by telling them some things you like about them!

"Courage is more exhilarating than fear and in the long run it is easier. We do not have to become heroes overnight. Just a step a time, meeting each thing that comes up, seeing it is not as dreadful as it appeared, discovering we have the strength to stare it down."- Eleanor Roosevelt

Here, Eleanor Roosevelt is writing about courage overcoming the feeling of fear the longer we take our own courageous steps. If courage were a superhero, then it would take step-by-step words and actions to become the best superhero you can be. Courage does not just happen. We have to work on our courage every day, even if it's a word at a time. Through this activity, you will build your courage through sharing words with someone you care about while fostering positivity in that person. Sharing things you like about someone can feel like you are being too vulnerable. It can be scary, but it will make us feel so good once we show courage.

Practice Courage Today:



1. THINK ABOUT SOMEONE YOU CARE ABOUT WHO MAY APPRECIATE SOME EXTRA LOVE AND SUPPORT.
2. GRAB A WRITING UTENSIL AND SOME PAPER OR AN ELECTRONIC DEVICE.
3. WRITE DOWN 2-3 THINGS YOU LIKE ABOUT THIS PERSON THAT YOU DON'T ALWAYS TELL THEM.
4. PRACTICE COURAGE BY SENDING THEM THE THINGS YOU LIKE ABOUT THEM. KEEP IN MIND HOW GOOD IT FEELS TO SHARE THESE KIND THOUGHTS WITH SOMEONE YOU CARE ABOUT.



Parent Practice Tip:

Share one thing you like about your child(ren). Explain to them that it takes courage to tell things you like about people you care about.

To Learn More:

What is Courage?

Examples from Sing Along of "You'll Be In My Heart"

Read Aloud of Courage by Bernard Waber

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CHOOSING LOVE TODAY #81: PRACTICE RESPECT! AVOID BEING DISRESPECTFUL.



Treat others the same you want to be treated. Make an action plan that includes ways to practice being respectful.

Albert Einstein once said "I speak to everyone in the same way, whether he is a garbage man or the president of a university." No matter their occupation, culture, race, living situation, etc. everyone has the right to be treated with respect. Respect is a manifestation of love and compassion. It requires you take other people's feelings into consideration and treat them in a positive manner. Treating others with respect will encourage others to treat you the same way.

No one wants to be treated with disrespect. Being treated with disrespect makes you feel less than you are and can cause a build-up of negative emotions. Whenever you are treated badly, you tend to form a negative opinion of the person who mistreated you. That's the same thing other people do when you mistreat them. Be cognizant of people's feelings and practice showing respect everyday.

Practice Compassion Today:



1. SELECT AN INSTANCE WHEN YOU FELT DISRESPECTED.
2. WHAT DID THE PERSON DO TO MAKE YOU FEEL THAT WAY? MAKE A LIST OF THE OTHER PERSON'S ACTIONS. OFTENTIMES PEOPLE FEEL DISRESPECTED BECAUSE OF BLATANTLY RUDE COMMENTS, ACTIONS, OR MICROAGGRESSIONS.
3. WRITE DOWN HOW EACH ACTION MADE YOU FEEL.
4. WITH THOSE EMOTIONS IN MIND, CREATE A LIST THAT SHOWS HOW YOU PLAN TO PRACTICE RESPECT AND AVOID MAKING THE SAME MISTAKES AS YOUR OFFENDER.



Parent Practice Tip:

Next time you feel disrespected by your child(ren) or another person, explain to them how their actions/words made you feel. Show them that they can be upset with you and still be respectful.

To Learn More:

Be Respectful

Eliminating Microaggressions: The Next Level Inclusion

Aretha Franklin - Respect

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CHOOSING LOVE TODAY #80: CONSIDER OTHERS' WELL-BEING



What can you do for others? During this pandemic, create a list of things that show consideration for other's well-being.

You are not alone in the world. There are people who care about you whether you realize it or not. They consider your well-being, so why not consider theirs?

There are many ways to show someone you care about their well-being. You can remind your loved ones to drink water daily, make them a snack, listen to their feelings, etc. All these things portray a sense of compassion and love that is irreplaceable to many people. The world is definitely a better place when we all take the time to show we care about each other. Right now, the world needs us to think about others' well-being a little bit more than usual. We need to remember that all of our actions produce a reaction that could affect the people around us. In regards to the pandemic, there are many actions we can take to protect the well-being of others such as wearing a mask and social distancing. Take the time to think about ways you can show consideration for others.

Practice Compassion Today:



1. GRAB A PIECE OF PAPER AND A WRITING UTENSIL.
2. REMEMBER A TIME WHEN SOMEONE WAS CONSIDERATE OF YOUR FEELINGS/WELL-BEING AND THINK ABOUT HOW IT MADE YOU FEEL.
3. USE THOSE POSITIVE FEELINGS TO CREATE A LIST OF ACTIONS YOU CAN DO TO BE CONSIDERATE OF OTHERS' WELL-BEING.
4. REVIEW THE LIST AND PRACTICE THE ACTIONS YOU CREATED.



Parent Practice Tip:

Take some time to create your own list with your child(ren). Write down things you can do to show consideration for others and share it with your child(ren).

To Learn More:

Let's Choose Love
Compassion-In-Action
How to Help Your Child's
Compassion Grow

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CHOOSING LOVE TODAY #79: BUILDING PERSEVERANCE



Have come across challenges lately that left you feeling like giving up on something you want to accomplish? When we push ourselves to keep trying, or persevere, we move towards success.

As Thomas Edison once said, "Many of life's failures are people who did not realize how close they were to success when they gave up." If these individuals had persevered, or continued to try again, they may have reached success. By giving up, they will never know what they could have achieved. However, it takes courage to persist.

With some courage and perseverance, those individuals in the quote may not have given up! We show courage each day by doing things that are new to us or may seem a little scary. We can show courage by not giving up when something becomes difficult. Today you can practice courage by building on your ability to persist in situations.

Practice Courage Today:



1. REMEMBER YOUR "WHY." ASK YOURSELF WHY YOU ARE DOING THIS AND CONNECT WITH THAT REASON AGAIN.
2. TAKE RISKS. THIS PREVENTS YOU FROM LIMITING YOUR POTENTIAL AND GIVES YOU MORE OPPORTUNITIES TO PERSEVERE.
3. FAILURE IS AN OPPORTUNITY FOR GROWTH. REMIND YOURSELF OF THIS TO ENCOURAGE A GROWTH MINDSET. WITH EFFORT, WE CAN LEARN AND IMPROVE.
4. TAKE BREAKS AND REWARD YOURSELF FOR SUCCESS. THIS WILL HELP PREVENT BURNOUT AND ASSURE YOU HAVE THE ENERGY TO CONTINUE TO PERSEVERE.
5. HAVE A SUPPORT SYSTEM. KNOW WHO YOU CAN CALL WHEN YOU ARE FEELING SHAKY AND UNSURE IF YOU CAN CONTINUE. THEY MAY BE ABLE TO HELP REMIND YOU OF YOUR "WHY" AND THE IMPORTANCE OF PERSEVERANCE.



Parent Practice Tip:

Practice building perseverance with your children by teaching them a new activity. For example, teach your child how to use a hula hoop, throw/catch a ball, or try a challenging puzzle.

To Learn More:

Children's Lesson in Perseverance
Parents Teach Perseverance

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CHOOSING LOVE TODAY #78: HOW TO STAY ENGAGED WITH DIVERSITY



Have you noticed that your drive for change is waning? This is not surprising as working towards big goals can often feel overwhelming and tiring but check out these tips to help!

As the days and weeks pass you may notice a dip in your energy and efforts towards diversity and change. This is not surprising as you may have started off sprinting towards the goal of equality by investing a lot of your time, energy and possibly even your funds towards the cause. However, this is more of a marathon than a sprint and there are ways that you can remain engaged with diversity going forward even after the 'hype' has died down.

This takes courage as many people may move on from this moment in time pleased with their efforts, not realising that diversity and systemic change requires prolonged effort. You will have to continue pushing for equality when it may no longer be comfortable to do so. The best way to maintain your engagement in diversity is to incorporate it into your daily lives with the following tips.

Practice Compassion Today:



1. FOLLOW ACTIVISTS ON SOCIAL MEDIA. WE OFTEN SPEND AT LEAST A FEW MINUTES A DAY ON SOCIAL MEDIA. MAKE THAT TIME COUNT AND FOLLOW ACTIVISTS SO THAT YOU CAN KEEP UP TO DATE WITH ACTIVITIES & EVENTS THAT YOU CAN BE PART OF.
2. READ. CONTINUE TO EDUCATE YOURSELF THROUGH READING THE STORIES AND EXPERIENCES OF MARGINALISED GROUPS IN AMERICA.
3. FOLLOW AND LISTEN TO PODCASTS. PODCASTS ARE A GREAT WAY TO EDUCATE YOURSELF AND ARE A FREE RESOURCE. LISTEN TO PODCASTS BY ACTIVISTS AND THOSE FIGHTING FOR DIVERSITY AND EQUITY TO KEEP YOURSELF INFORMED.
4. ENGAGE IN CONVERSATIONS WITH OTHERS. TALKING TO OTHER PEOPLE ABOUT DIVERSITY AND EQUITY IS ALSO A GREAT WAY TO CONTINUE ENGAGING IN DIVERSITY. THESE CONVERSATIONS CAN HELP ENLIGHTEN PEOPLE AS WELL AS DEEPEN YOUR UNDERSTANDING OF THESE ISSUES.



Parent Practice Tip:

Include your children in these activities and have conversations with them to help them maintain their engagement in diversity as well. Remember children mirror what they see around them.

To Learn More:

What is Compassion?

Books, Films and Podcasts About Racism

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CHOOSING LOVE TODAY #77: ACKNOWLEDGE YOUR THOUGHTS



Are you feeling consumed by your thoughts? Would you like to feel more content with your thoughts? Practice accepting and acknowledging your thoughts today.

Researchers Stephen Hayes, Kirk Strosahl, and Kelly Wilson created [Acceptance and Commitment Therapy \(ACT\)](#) to incorporate teaching acceptance and mindfulness of our thoughts and emotions. By acknowledging and accepting our thoughts through different exercises and strategies, we can stop avoiding our negative thoughts and letting them build until they're too much and instead have healthy interactions with them and eventually commit to healthy behavior change.

It can be overwhelming to receive so much input from the news, your jobs, your family, and the media. You can start to feel consumed by all of your feelings and thoughts, especially when there are multiple events impacting your daily life. If we are constantly battling our thoughts, then we can start to feel anxious and hopeless. If we are tired, anxious or overwhelmed, we can not have the capacity to help others. When we recharge by taking time to sit with our thoughts and accept them, we can be better equipped to pour that compassion into others. Show yourself compassion today by accepting your thoughts in a constructive way.

Practice Compassion Today:



1. WHEN FEELING OVERWHELMED BY YOUR THOUGHTS, TAKE SOME DEEP BREATHS.
2. THINK ABOUT YOUR THOUGHTS. THINK ABOUT WHICH THOUGHTS MAKE YOU FEEL UNCOMFORTABLE. FOR EXAMPLE, MAYBE YOU ARE THINKING "WHY IS EVERYTHING SO TERRIBLE?"
3. NOW FOCUS ON THIS THOUGHT AND OBSERVE IT LIKE YOU ARE INVESTIGATING SOMETHING NEW. THINK ABOUT WHAT IT MEANS, WHAT THE THOUGHT IS SAYING, AND HOW IT MAKES YOU FEEL.
4. THINK ABOUT THE EMOTIONS THAT COME WITH YOUR THOUGHTS AND INVESTIGATE THOSE TOO. DO YOU FEEL THEM ON THE INSIDE OR THE OUTSIDE OF YOUR BODY?
5. TAKE SOME DEEP BREATHS AND LET GO TRYING TO STRUGGLE WITH THE THOUGHT. LET THE THOUGHT SIT THERE AND ACKNOWLEDGE THAT IT'S THERE. WE'RE NOT TRYING TO ACTIVELY GET RID OF THE THOUGHT, BUT IF IT GOES AWAY ON ITS OWN THAT'S OKAY.



Parent Practice Tip:

Ask your child what they do when they feel tired or upset. Turn this into a conversation about how you can do this regularly to prevent that "burn-out".

To Learn More:

What is Compassion?

The Unwelcome Party Guest

Example

Free ACT Resources

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CHOOSING LOVE TODAY #76: HAVE A MOVIE NIGHT!



Do you need a fun break where you have time to reflect? Watch a movie that you're grateful for!

*"When life gets you down, you know what you gotta do? Just keep swimming."
- Dory from Finding Nemo*

With the current social tension, it is common to feel uneasy or stressed. It is important to often bring your mind back to the things you do have! Dory's character always focused on being positive and finding gratitude when the situations were not the best. Being grateful doesn't only have to happen on holidays. You can learn to practice gratitude everyday. When we experience stress and other negative things in our lives, it's helpful to focus on positive things, such as eating our favorite meals and enjoying our favorite activities. Focusing on the positive can really help improve our quality of life. Practice gratitude today by having a movie night!

Practice Gratitude Today:



1. THINK ABOUT A MOVIE THAT YOU'RE GRATEFUL FOR, WHETHER IT'S NOSTALGIC OR REALLY MAKES YOU LAUGH.
2. SET ASIDE ONE NIGHT THAT YOU CAN WATCH THIS MOVIE.
3. WATCH THE MOVIE ALONE WITH LOVED ONES YOU LIVE WITH, OR VIRTUALLY.
4. AFTER WATCHING THE MOVIE, THINK ABOUT OR DISCUSS WITH LOVED ONES WHY YOU ARE GRATEFUL FOR THE MOVIE.



Parent Practice Tip:

Ask your child(ren) what their favorite movies are and why? If possible, have a movie night with one off their list! After the movie, talk about how we can be grateful for things like our favorite movies and getting to watch them with people we love.

To Learn More:

Practicing Gratitude
Read Along of Finding Nemo

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CHOOSING LOVE TODAY #75: THE MEANING OF FORGIVENESS - A PHOTO SCAVENGER HUNT



Have you considered how forgiveness might benefit your life? Discover what forgiveness means to you through exploring your community with this activity.

Maya Angelou said, "You can't forgive without loving. And I don't mean sentimentality. I don't mean mush. I mean having enough courage to stand up and say, 'I forgive. I'm finished with it.'" Here, Maya Angelou is saying there is meaning to forgiveness. It is much deeper than one simple word. The love that can come from it is powerful.

During an intense social time, you may have come into disagreements with your loved ones or have felt hurt by someone else's words. Forgiving does not mean you have to forget the situation, but that you are accepting that it occurred. Forgiveness helps you let go of negative emotions. Everyone has their own definition of what forgiveness looks like and what it means to them. There are so many aspects of forgiveness such as the impact it has on the person doing the forgiving and the person receiving this apology. This photo scavenger hunt can help you more deeply explore what that person's definition is, and apply it when you find yourself in situations needing forgiveness.

Practice Forgiveness Today:



1. GRAB A CAMERA OR YOUR PHONE.
2. THINK ABOUT WHAT THE WORD FORGIVENESS MEANS TO YOU.
3. FOR EVERY WORD OR PHRASE YOU CAN COME UP WITH FOR EXAMPLE, PEACE, IMPROVED RELATIONSHIPS, RELIEF, ETC., TAKE A PICTURE THAT EMBODIES THAT.
4. GET YOUR PICTURES PRINTED OR SELECT YOUR FAVORITE PHOTO COLLAGE APP ON YOUR PHONE AND CREATE A COLLAGE.
5. WHENEVER YOU ARE IN A SITUATION THAT REQUIRES FORGIVENESS, REACH FOR YOUR COLLAGE SO YOU CAN BE REMINDED OF JUST HOW IMPORTANT IT IS.



Parent Practice Tip:

Have your child(ren) do this activity with you. When done, have them compare and contrast your pictures and theirs and talk about those differences.

To Learn More:

What is Forgiveness?

More on Forgiveness

Forgiveness for Kids

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CHOOSING LOVE TODAY #74: MAKE A CARE PACKAGE



Want to show someone you care? How do you feel when someone surprises you with an act of genuine thoughtfulness? Put that energy into making a care package for someone who may appreciate some extra love right now.

Maya Angelou, said "People will forget what you said, people will forget what you did, but people will never forget how you made them feel." When we take actions that demonstrate thoughtfulness, care, and consideration for other individual's feelings, we are showing them compassion. One way we can do this is with a care package.

Surprise! What better feeling than opening up a package from a loved one. Imagine, when you get that unexpected box of goodness, filled with kindness, care, concern, and all of your favorite things. Care packages can include homemade items such as baked goods, crafts, pictures/paintings or store bought items such as soap, candy, a journal, or anything you think that person might enjoy. Think off all the things they may enjoy, and the times you have spent together. Embody these ideas into the items you pick and then drop it off or mail it with love.

Practice Compassion Today:



1. THINK ABOUT SOMEONE YOU FEEL LIKE COULD TRULY BENEFIT FROM A PACKAGE FULL OF THEIR FAVORITE THINGS.
2. THINK ABOUT WHAT IS MEANINGFUL TO THAT PERSON.
3. MAYBE THEY LIKE FANCY PAPER, A CERTAIN KIND OF CHOCOLATE, COOL PENS? GATHER ITEMS THAT ARE THAT PERSON'S FAVORITE AND/OR HAVE SIGNIFICANT MEANING TO THEM.
4. ASSEMBLE IN A BOX. IF YOU ARE MAILING IT, BE SURE TO FILL OUT ALL INFORMATION, OR SECURE THE BOX TO DROP IT OFF.
5. (OPTIONAL) LEAVE A PERSONAL NOTE LETTING THE PERSON KNOW JUST HOW MUCH YOU CARE ABOUT THEM.



Parent Practice Tip:

Involve your child(ren) in the creation process. Maybe your child enjoys crafts or painting; let them put in their own handmade masterpiece. Have a conversation with them about how "gifts" like this one don't always have to be store bought and how sentimental value of certain objects can show care for others.

To Learn More:

What is Compassion in Action?

Care Package Ideas

More ideas...and printable gift tags

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CHOOSING LOVE TODAY #73: CONSIDER YOUR OWN WELL-BEING



Are you okay? When was the last time you asked yourself that? Take the time to consider your own well-being and do something for yourself.

While taking care of others is important, taking care of yourself is equally as important. Taking the time to consider your own well-being is not selfish, it is healthy. Everyone needs time to reflect on their own situation, feelings, and thoughts in order to move forward with their life. Some of us get so caught up in taking care of others that we forget to take care of ourselves. Remember your well-being is just as important as the well-being of your loved ones.

Feeling stressed? Take the time to do something you love to do. You can read a book, watch TV, go for a walk, etc. Just make sure to schedule breaks for yourself because you deserve it. It is important to acknowledge your needs and take the time to address those needs. Taking the time to consider your well-being allows you to flourish in life. Show some self-compassion today by thinking about your own well-being.

Practice Compassion Today:



1. GRAB A PIECE OF PAPER AND A WRITING UTENSIL.
2. FIND A QUIET PLACE AND SIT DOWN.
3. THINK ABOUT HOW YOU FEEL. ARE YOU OK?
4. WRITE DOWN YOUR FEELINGS AND CREATE A LIST OF THINGS YOU CAN DO FOR YOURSELF.
5. COMMIT TO TAKING THE TIME TO DO SOMETHING FOR YOURSELF AT LEAST ONCE A DAY TO IMPROVE YOUR WELL-BEING.



Parent Practice Tip:

Don't forget to take care of yourself. Make sure to eat 3 meals a day, exercise as often as you can, and take time for yourself. Do things that will improve your own well-being. Show and explain this to your family.

To Learn More:

[What is Well-Being](#)

[Mindfulness Meditation for Kids](#)

[15- Minute Meditation For Self-Love](#)

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CHOOSING LOVE TODAY #72: REMEMBER TO MANAGE YOUR STRESS



Are you feeling particularly stressed out right now? That's perfectly normal given what's happening in the world today, but stress management should be at the top of your to do list!

"It is not stress that kills us, it's our reaction to it." Hans Selye, endocrinologist known as the 'father of stress research'

How have you been reacting to the stress in your life? If you're like most people, you've been ignoring it and continuing with your daily activities, but this is not the best reaction to stress. Ignoring stress does not make it go away. It remains with us, as a weight on our shoulders and back constantly weighing us down. While many of the sources of our stress may not be solved in the coming days, we can incorporate activities into our lives to lessen this weight so that it does not harm our mental and physical selves. Stress management is a great way to practice self compassion today. Taking the time to incorporate stress relieving activities throughout your week is one way that you can prevent stress from having a harmful impact on you.

Practice Compassion Today:



1. TAKE A TEMPERATURE CHECK: HOW STRESSED ARE YOU FEELING/HAVE BEEN FEELING THIS WEEK?
2. REGARDLESS OF THE ANSWER, TAKE A FEW MINUTES TO WRITE DOWN ANY ACTIVITIES THAT YOU'VE DONE THIS WEEK TO HELP RELIEVE THAT STRESS.
3. IF YOU'RE LIKE MOST PEOPLE THAT LIST IS PROBABLY VERY SHORT, BUT NOW THAT YOU'RE THINKING ABOUT IT, BRAINSTORM THREE THINGS THAT YOU CAN DO TODAY TO RELIEVE STRESS. THIS CAN BE CREATING A TO DO LIST, TAKING A WALK, WATCHING A SHOW, ETCETERA. CHECK THE LINK BELOW FOR SOME IDEAS.
4. USE THE ACTIVITIES ON YOUR LIST THROUGHOUT THE DAY BEFORE OR AFTER A POTENTIALLY STRESSFUL SITUATION.
5. AFTER YOU HAVE USED SOME OF THESE STRESS RELIEVING ACTIVITIES, DO ANOTHER TEMPERATURE CHECK. HOW ARE YOU FEELING NOW? HAS THE WEIGHT OF YOUR STRESS LIGHTENED? IF IT HAS, THEN THESE ACTIVITIES CAN BECOME A PART OF YOUR DAILY ROUTINE. IF IT HASN'T, CHECK THE LINK BELOW FOR SOME OTHER IDEAS THAT MAY WORK AS STRESS RELIEVERS FOR YOU.



Parent Practice Tip:

Remember to check in with your children about their stress as well. There are a lot of events taking place around them that they may not understand that may be alarming to them. Include them in your stress management activities to help them build these skills as well.

To Learn More:

What is Compassion?

Stress Management Strategies

62 Stress Management Techniques, Strategies & Activities

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CHOOSING LOVE TODAY #71: PRACTICE TEAMWORK!



With the support of a team, we are even more powerful than when we are alone. Want to learn more about how to gain the power of teamwork?

"Individually we are one drop. Together we are an ocean." -Ryūnosuke Akutagawa

The quote above represents the power of teamwork. Every person is important and has their own strengths, but when we come together we are able to accomplish even more! We may practice teamwork in settings such as at our jobs with our coworkers or in our homes with our families/roommates. To have good teamwork, it is important to be compassionate.

Compassion can be defined as understanding another person's feelings and perspective, and wanting to help them. It is important for teammates to show compassion to one another. For example, we can show compassion by being aware if our teammates are feeling down and offering support where we can or actively listening without judgement. There are many ways we can show compassion through our practice of teamwork.

Practice Compassion Today:



1. CONSIDER THE TEAMS YOU ARE CURRENTLY PART OF. WRITE DOWN SOME WAYS YOU ARE A GOOD TEAMMATE ON THAT TEAM.
2. HAVE CLEAR GOALS. SIT DOWN TOGETHER AS A TEAM, DISCUSS AND WRITE DOWN THESE GOALS. IT WILL BE IMPORTANT FOR YOU EACH TO BE WORKING TOWARDS THE SAME GOALS.
3. LISTEN & BE OPEN TO OTHERS' THOUGHTS AND OPINIONS. TO SUCCESSFULLY WORK TOGETHER, IT'LL BE IMPORTANT TO BE WILLING TO DISCUSS SO THE TEAM CAN MAKE DECISIONS TOGETHER.
4. DEVELOP TRUST. THE MORE YOU ENGAGE WITH YOUR TEAM AND ARE HONEST, OPEN, AND RESPECTFUL IN COMMUNICATION, THE MORE TRUST WILL BE BUILT.
5. ASSURE THAT EACH PERSON IS COMMITTED TO THE TEAM. MAKE SURE EACH TEAM MEMBER UNDERSTANDS HIS/HER VALUE TO THE TEAM AND WHY THEY ARE EACH NEEDED.
6. WHICH TIPS DO YOU NEED TO WORK ON? ON THE PAPER YOU WROTE HOW YOU CURRENTLY SUPPORT YOUR TEAMS, WRITE DOWN HOW YOU CAN IMPROVE BASED ON THE PREVIOUS TIPS.



Parent Practice Tip:

Your family is a team that works together each day. Discuss with your child the importance of working together and each person doing their part.

To Learn More:

[Teamwork Video For Children](#)
[Teamwork Short Animated Film](#)

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CHOOSING LOVE TODAY #70: DO SOMETHING FOR YOURSELF



Have you been taking care of yourself? Take the time to do something for yourself today!

"Self-care is giving the world the best of you, instead of what's left of you." - Katie Reed

Sometimes we get so caught up in doing things for other people that we forget to do things for ourselves. Everyone needs to devote time to themselves. It prevents burnout and allows us to put our best foot forward when supporting others. In our current times, we may have friends and loved ones in need of some support. When we take care of ourselves, we prepare ourselves to take care of others. When we fill ourselves with happiness, this is able to spread out to those around us. Bring joy to your own life by doing something you really love whether it be reading a book, playing with your siblings, dancing, etc. Just do something that makes you happy.

Practice Compassion Today:

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1. THINK ABOUT AN ACTIVITY THAT MAKES YOU HAPPY.
2. SET ASIDE SOME TIME DURING THE DAY TO ENJOY THAT ACTIVITY.
3. INCLUDE LOVED ONES IF YOU WANT OR ENJOY THE ACTIVITY BY YOURSELF.
4. MAKE IT A MISSION TO SCHEDULE "FUN TIME" IN YOUR DAILY ROUTINE.



Parent Practice Tip:

Ask your child(ren) what some of their favorite activities are and why. Find an activity you have in common and enjoy it with them.

To Learn More:

10 Self Care Tips for Kids!
How to Adult: A Self-Care Action Plan

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CHOOSING LOVE TODAY #69: REFLECT ON ALL ASPECTS OF A SITUATION



Are you having a hard time understanding what's going on around you? Take a moment to reflect on the different elements of the situation. This can help you to not only better comprehend the situation, but also reveal actions steps that you can take!

We are surrounded by difficult and complex situations. From the pandemic to the recent protests, there are a lot of different events happening around us and sometimes it is hard to fully understand them as well as our part in them. One way to clarify these situations, whether it's understanding the protests or simply understanding a difficult interpersonal situation with a family member, is to break them down into their basic aspects. By doing this we can simplify a complex situation so we can better understand it as well as understand our part in it. We can determine how our actions have impacted it as well as how we can change our actions for better results in the future. This, however, takes courage as it is hard to face our own past failings, but through facing these failings we can improve future situations.

Practice Courage Today:



1. REFLECT ON A DIFFICULT SITUATION THAT YOU HAVE BEEN FACING, PAST OR PRESENT.
2. USING A PEN AND PAPER, WRITE OUT THE SITUATION AND BREAK IT DOWN INTO ITS BASIC ELEMENTS. WHAT CAUSED THE SITUATION TO OCCUR? WHO WAS INVOLVED? HOW DID YOU REACT? WHAT EMOTIONS DID THIS SITUATION EVOKE IN YOU? HOW WAS THE SITUATION RESOLVED? WAS THE SITUATION RESOLVED?
3. NOW THAT YOU'VE BROKEN THE SITUATION DOWN, REFLECT ON THE ASPECTS OF IT THAT YOU HAVE CONTROL OVER. DEPENDING ON WHAT THE SITUATION IS/WAS, YOU MAY HAVE CONTROL OVER ALL OF IT OR ONLY YOUR REACTION TO IT.
4. FOCUS ON THOSE ASPECTS THAT YOU HAVE CONTROL OVER AND REFLECT ON HOW YOUR ACTIONS IN THIS SITUATION MADE IT BETTER OR WORSE.
5. BUILD ON THE STRENGTHS THAT YOU NOTED FROM THE SITUATION AND ACKNOWLEDGE YOUR WEAKNESSES.



Parent Practice Tip:

Breaking down a situation into its components can be therapeutic as well as a great way to better understand what happened. Use this throughout the day whenever you feel frustrated or angry.

To Learn More:

What is Courage?

Raise Emotional awareness

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CHOOSING LOVE TODAY #68: SHARE WHY YOU CARE ABOUT PEOPLE DIFFERENT FROM YOU



Spread love! Spread knowledge! Celebrate differences!

"We are all different and that's beautiful." - Karen Salmansohn

It is important that we celebrate the uniqueness that exists. It is important to share this so that you can make the individuals you care about feel valued. Differences can exist in the form, of physical appearances such as hair, eyes, body shape etc. Differences can be internal as well in terms of physical and mental health. We can see differences in ethnicities, cultures, religions, ability, status and much more. These differences are to be celebrated.

To honor these beautiful differences, choose love today and think about how differences enrich your life. Learn more about differences, what they mean and how to encourage acceptance of differences in others who might understand. You can educate yourself, with videos, articles, book, and activities. Take the approach that is best for you. Share this celebration of differences with others by spreading love and doing the activity below.

Practice Compassion Today:

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1. THINK OF THE PEOPLE IN YOUR LIFE THAT YOU LOVE, CARE ABOUT, OR IN HISTORY.
2. WHAT ARE THE THINGS YOU HAVE IN COMMON WITH THEM?
3. WHAT ARE THE THINGS THAT ARE DIFFERENT FROM THEM?
4. WHAT DO YOU LOVE MOST ABOUT THIS PERSON?
5. IF IT'S SOMEONE IN YOUR LIFE, FEEL FREE TO SHARE WITH THEM WHAT YOU LOVE ABOUT THEM, IF IT'S SOMEONE IN HISTORY, YOU CAN EVEN HAVE YOUR CHILD MAKE A VENN DIAGRAM TO DEMONSTRATE THE BEAUTIFUL DIFFERENCES.



Parent Practice Tip:

Read your children books that exemplify diversity so that they understand the beauty of differences. Have a collection of books so that your kids can always learn something new.

To Learn More:

What is Compassion in Action?
Books for Kids about Celebrating Differences
Family Guide on How to Teach Children to Celebrate Differences

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CHOOSING LOVE TODAY #67: HOW TO KEEP YOURSELF MOTIVATED



Have you been feeling uninspired or indifferent lately? Engaging in activities can help boost your motivation.

“Courage is grace under pressure.” — Ernest Hemingway

Sometimes it can be difficult to have a lot of tasks and assignments going on at once. Add on the many things going on in the world around you and you can be left feeling very overwhelmed. Feeling busy and overwhelmed can lead to feeling tired and unmotivated. Taking a brain break always helps, but how do you get back into the groove of things? Consider strategies to help you feel more motivated to continue forward and to continue helping the world around you.

You can practice courage today by taking a good look at why you are feeling unmotivated, reflecting on why the tasks you’re working on are important to you, taking steps to work on your task, and rewarding yourself for it.

Practice Courage Today:



1. TAKE A BREAK!
2. REFLECT ON WHY YOU HAVEN'T FELT MOTIVATED AND REMIND YOURSELF WHY YOU ARE DOING THINGS.
3. FIND SOMETHING NEW TO ENGAGE IN, SUCH AS A NEW HOBBY OR A NEW PROJECT THAT CAN BOOST YOUR MOTIVATION.
4. WORK ON THE TASK THAT HAS BEEN MAKING YOU FEEL UNMOTIVATED.
5. IT TAKES COURAGE TO TRY A NEW STRATEGY, SO DON'T FORGET TO REWARD YOURSELF FOR WORKING ON THE TASK.



Parent Practice Tip:

Talk with your kids about how it feels to be unmotivated and show them how you motivated yourself.

To Learn More:

What is Courage?

Kids Get You FIRED UP to Start Your Day.

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CHOOSING LOVE TODAY #66: IDENTIFY YOUR EMOTIONS



How are you REALLY feeling? With everything happening in the world right now, many of us are overwhelmed by our emotions. Take the time to identify all the emotions you are experiencing and reflect on the reasons why.

Emotional intelligence (EQ) is the ability to understand, use, and manage your own emotions as well as the emotions of others. One aspect of emotional intelligence is having the ability to identify your own emotions (self-awareness).

Are you feeling angry, frustrated, happy, or content? Being aware of your own emotions allows you to communicate your feelings with others, remove yourself from bad situations, and enjoy your happy moments. Sometimes even identifying what you feel can bring a sense of comfort during hard situations. You may even feel several emotions at once, so sorting out your feelings may bring you a sense of clarity.

Practice Courage Today:



1. EVERYTIME YOU ARE OVERCOME WITH EMOTIONS, TAKE A FEW SECONDS TO IDENTIFY EACH EMOTION YOU ARE FEELING. REMEMBER IT'S OKAY TO FEEL MULTIPLE EMOTIONS AT ONCE.
2. IF THERE IS MORE THAN ONE, IDENTIFY WHICH EMOTIONS ARE PROMINENT AND WHEN EACH EMOTION STARTED. DID ONE EMOTION TRIGGER THE OTHER? DID THEY HAPPEN SIMULTANEOUSLY?
3. AFTER YOU'VE IDENTIFIED EACH EMOTION, REFLECT ON THEM. WHY DID YOU START FEELING SAD, STRESSED, OR EVEN HAPPY?
4. AFTER YOUR REFLECTION, CHOOSE A PERSON TO SHARE YOUR EMOTIONS WITH.



Parent Practice Tip:

Build your child's emotional intelligence by asking them how they are feeling each day. Have your child name the emotion they are feeling and explain the reason why.

To Learn More:

Know Your Emotions

Inside Out: Guessing the Feelings
Developing Emotional Intelligence

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CHOOSING LOVE TODAY #65: HOW TO BUILD SELF-EFFICACY



Do you want to be a self-esteem superhero? Learn how to build self-efficacy.

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." - Hellen Keller

When we believe in ourselves we have the power to succeed without doubt weighing us down. It takes courage to have self-efficacy. It can be scary to give ourselves a pat on the back or encouragement if it is something new for us. Courage is doing something anyway even in the face of fear. Showing courage helps us try new things, be ourselves, and build our confidence!

Self-efficacy can help children succeed in school when they feel they have the tools to reach their goals. It is applicable in the workplace when you have a project you think you will never be able to finish. When you think about your own self-efficacy you want to recognize, your internal resources, strengths, and abilities that lead you to success. With self-efficacy some recognize that you don't always have to be perfect. The act of attempting a difficult task, while simultaneously believing in yourself is the important part.

Practice Courage Today:



1. THINK OF SOMETHING YOU NEED TO GET DONE TODAY OR IN THE NEAR FUTURE THAT YOU MIGHT FEEL HESITANT OR NERVOUS ABOUT COMPLETING.
2. USING A PEN AND PAPER OR ELECTRONIC DEVICE, MAKE THREE COLUMNS, LABEL ONE "TASK," TWO "MY RESOURCES," AND THE THIRD "STEPS TO GET THERE."
3. WRITE DOWN THE TASK YOU THOUGHT OF IN THE FIRST COLUMN.
4. IN COLUMN TWO FOR RESOURCES, LIST ALL OF YOUR STRENGTHS AND INTERNAL RESOURCES YOU HAVE TO GET THAT TASK DONE.
5. IN COLUMN THREE CONNECT THE STRENGTHS OF ACTION STEPS YOU NEED TO GET YOUR PLAN COMPLETED. CELEBRATE YOUR ABILITY TO COMPLETE THIS TASK!



Parent Practice Tip:

Make self-efficacy a continued conversation! Anytime your child expresses doubt, remind them of their self-efficacy. In times where they let their self-esteem shine praise them for that also!

To Learn More:

What is Courage?

Ways To Build Self-Efficacy

How To Teach Children to Build

Self-Efficacy

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CHOOSING LOVE TODAY #64: HOW TO LEARN FROM YOUR MISTAKES



Want to use your mistakes to your benefit? Learn how optimistic thinking can help.

Everyone makes mistakes throughout their lives. However, we can choose how we respond to them. Those who hide from their mistakes are not able to benefit from them. When you reflect on your mistakes and consider what you can learn from them, you are able to grow and develop. You leave that mistake with more knowledge about the situation and how you could have possibly responded differently. This takes courage.

Courage can be defined as thinking something is scary, and doing it anyway. You might do this in your daily life by trying new foods, reaching out to an old friend, or doing anything outside your comfort zone. While learning from our mistakes may feel uncomfortable, it is important to develop optimistic or positive thinking when considering them. This may help change your outlook on the mistake and in turn, allow you to find the positive outcome (a learned lesson). Developing optimistic thinking regarding our mistakes may transfer to other aspects of your life as well; creating an overall more positive experience.

Practice Courage Today:



1. CONSIDER A MISTAKE THAT YOU RECENTLY MADE THAT MAY STILL BE LINGERING IN YOUR MIND.
2. ASK YOURSELF "WHAT HAVE I LEARNED?" CONSIDER HOW YOU MAY APPROACH SIMILAR SITUATIONS IN THE FUTURE OR ANY POSSIBLE BENEFITS THAT CAME AFTER THE MISTAKE. DID YOU LEARN ANYTHING ABOUT YOURSELF OR HOW TO DO SOMETHING BETTER NEXT TIME? WRITE DOWN YOUR RESPONSES TO VIEW THEM.
3. THIS IS THE OPTIMISTIC ROUTE. WHEN WE THINK POSITIVELY, WE ARE ABLE TO GAIN SOMETHING FROM OUR MISTAKES RATHER THAN FEEL NEGATIVELY THAT IT HAPPENED.
4. ACTIVATE YOUR GROWTH MINDSET. REMIND YOURSELF THAT EXPERIENCES ARE HOW WE LEARN AND GROW!
5. REPEAT THIS PROCESS TO CHALLENGE YOUR NEGATIVE THOUGHTS WHEN REFLECTING ON A MISTAKE.



Parent Practice Tip:

Talk with your children about the power of optimistic thinking and the impact it can have on your mood and those around you.

To Learn More:

Kids Talk About Mistakes
Talking to Children About
Mistakes

Educational Video for Children

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CHOOSING LOVE TODAY #63: HOW TO LEARN NEW THINGS



Have you always wanted to learn a new skill? Speaking French, gardening, skateboarding, etc.? If so, create an action plan and commit to practicing.

Some people watch art videos on YouTube and wish they could draw. Some people see their neighbors skateboarding down the block and wish they could skateboard. Almost everyone in the world wishes they knew a certain skill/talent and many of us have made the promise to ourselves that one day we would learn that skill. Well, why not make today that day? Invest time in yourself by learning something new. Commit enough time to learn the basics and practice until you've achieved some level of mastery. Everyone starts off as a novice but with hard work and determination many people grow to become masters in their craft.

Practice Courage Today:



1. CREATE A LIST OF AT LEAST 5 THINGS YOU WANT TO LEARN.
2. RANK THE LIST IN ORDER OF IMPORTANCE.
3. LOOK AT YOUR NUMBER ONE OPTION AND CREATE AN ACTION PLAN. YOU MAY USE THE FOLLOWING QUESTIONS TO HELP BUILD YOUR ACTION PLAN.
 - A. HOW WILL YOU LEARN THE NEW SKILL? WILL YOU WATCH A VIDEO, READ A BOOK, SIGN UP FOR A CLASS, ETC.?
 - B. HOW OFTEN WILL YOU PRACTICE?
 - C. DO YOU NEED ADDITIONAL HELP FROM YOUR FAMILY OR FRIENDS TO LEARN THE SKILL?
4. ONCE YOU HAVE AN ACTION PLAN, YOU'RE READY TO START LEARNING. LEARN THE BASICS OF YOUR NEW SKILL AND PRACTICE, PRACTICE, PRACTICE!
5. WHENEVER YOU'RE READY, MAKE SURE TO SHOW YOUR LOVED ONES YOUR NEW SKILL.



Parent Practice Tip:

Encourage your child(ren) to learn a new skill. Think of something new that you can do together (e.g, gardening, yoga, etc.) and do it with them.

To Learn More:

[What is Courage ?](#)

[Try Try Again](#)

[19 Life Skills Kids Can Learn](#)

[During Lockdown](#)

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CHOOSING LOVE TODAY #62: HOW TO BUILD RELATIONSHIPS



Want to make your social circle a bit bigger or build stronger connections with those around you?

Think of some of your happiest memories. 9 times out of 10, those memories include another person, someone close to you. Building healthy relationships tend to bring an overwhelming sense of joy. There is nothing like having someone you can go to, to share secrets with, laugh with, cry with, etc.

Building relationships may be hard at times but it is important for us to try to make as many connections as possible. All relationships are different, varying in strength, nature, and development, but each holds a special place in our lives. Most healthy relationships start with a display of compassion. A cheerful smile and thoughtful introduction is one of the easiest ways to begin a relationship. Compassion also keeps the relationship going and growing. When you listen to someone's troubles or accept them for who they are, you are practicing compassion and strengthening the bond you share with them. Positive relationships create a positive world, so create and maintain as many healthy relationships as you can.

Practice Compassion Today:



1. TO CREATE/MAINTAIN RELATIONSHIPS, IT IS IMPORTANT TO BECOME A GREAT LISTENER. MAKE SURE THAT THE CONVERSATIONS YOU HAVE WITH A PERSON GOES BOTH WAYS.
2. REMEMBER THE THINGS THAT ARE IMPORTANT TO OTHERS. REMEMBER THEIR LIKES AND DISLIKES, CHILDHOOD STORIES, ETC, TO SHOW THEM THAT YOU CARE.
3. BE OPEN AND GENUINE. SHARE INFORMATION ABOUT YOURSELF LITTLE BY LITTLE AND AS YOUR RELATIONSHIP GROWS SHARE MORE. DON'T FORCE THE RELATIONSHIP, JUST LET IT HAPPEN NATURALLY.
4. CREATE HAPPY MEMORIES TOGETHER.
5. ACCEPT THE WHOLE PERSON. EVERYONE HAS FAULTS, BUT IT IS IMPORTANT TO ACCEPT NOT JUST THE GOOD IN PEOPLE BUT ALSO THE BAD.



Parent Practice Tip:

Take some time to strengthen the relationship between you and your child(ren). Together plan a fun activity (e.g., water balloons fight) and create some happy memories.

To Learn More:

What is Compassion?

Getting Relationships Right

Healthy vs. Unhealthy Relationship (For Teenagers)

Friendship Soup

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CHOOSING LOVE TODAY #61: HOW TO BUILD COPING SKILLS



Is it difficult to let go of emotions after an upsetting or stressful situation? Building coping skills will prepare you to calm yourself down and minimize these feelings.

When life presents us with stressful situations, it is important we are prepared to effectively handle them. Coping skills are strategies that help you calm down in the face of a situation that triggers emotions. Strategies may include relaxation techniques, such as deep breathing, physical activity, using problem solving skills to think through possible solutions and knowing who you can talk to when you need some support. People use a variety of coping strategies, and it is important to know which ones work best for you. It can be scary and take courage to face situations that may trigger emotions, but by building your coping strategies, you may feel even more courageous when a situation arises.

Practice Courage Today:



1. KNOW HOW TO IDENTIFY YOUR EMOTIONS. IN ORDER TO IDENTIFY AN EMOTION, IT WILL BE IMPORTANT TO KNOW WHAT IT LOOKS LIKE, HOW IT SOUNDS, AND HOW IT MAKES YOUR BODY FEEL.
2. PRACTICE CALM DOWN STRATEGIES, SUCH AS DEEP BREATHING OR COUNTING BACKWARDS FROM 10. LEARN WHICH STRATEGY WORKS BEST FOR YOU.
3. PRACTICE MINDFULNESS ACTIVITIES BY PAYING ATTENTION TO YOUR SENSES. WHEN AN UPSETTING SITUATION OCCURS, USE THIS SKILL TO BE PRESENT IN THE MOMENT AND NOTICE YOUR THOUGHTS AND FEELINGS BEFORE ACTING ON THEM.
4. COMPLETE SELF-AWARENESS EXERCISES. THINK ABOUT YOUR STRENGTHS AND PASSIONS. KNOWING THESE MAY HELP YOU BUILD CONFIDENCE IN YOURSELF, WHICH MAY BE USEFUL IN THE FACE OF A CHALLENGING OR STRESSFUL SITUATION.
5. EMBRACE A GROWTH MINDSET. THIS IS THE IDEA THAT WE CAN LEARN AND MAKE ACCOMPLISHMENTS WHEN WE WORK HARD. HAVING THIS MINDSET MAY HELP YOU REMEMBER THAT YOU CAN LEARN AND GROW FROM YOUR CHALLENGES.



Parent Practice Tip:

Prepare your child for an upsetting situation by encouraging your child to try different coping strategies. Talk with your child about which methods help them feel better.

To Learn More:

What is Courage ?

Animated Ideas for Coping Strategies

25 Coping Skills for All Ages

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CHOOSING LOVE TODAY #60: THINK ABOUT HOW YOU THINK



Have you ever stopped to reflect on your thinking process? You'd be surprised by the benefits of this self reflection.

"So few people are really aware of their thoughts. Their minds run all over the place without their permission, and they go along for the ride unknowingly and without making a choice." — Thomas M. Sterner

Have you ever stopped to think about how you think? Probably not, given how chaotic the world has been over the last few months who has time! But taking time to reflect on your thought process can be very beneficial. As Thomas Sterner said, your mind may wander about, guided by forces outside of yourself. It's amazing how much outside influence there is on something so internal as thoughts. Acknowledging this influence and being purposeful of how you guide your own thoughts and actions will help you to own your thoughts.

Practice courage today by taking a good look at your internal thoughts, reflecting on whether or not they align with your actual beliefs and taking steps to change the way you think if there is a misalignment.

Practice Courage Today:



1. REFLECT ON THE THOUGHTS YOU'VE BEEN HAVING OVER THE LAST WEEK, WRITE THEM DOWN ON PAPER OR ANY ELECTRONIC DEVICE.
2. NOW THINK ABOUT THE ORIGINS OF THESE THOUGHTS, WERE THEY EVOKED BY SOCIAL MEDIA THAT YOU'VE BEEN ENGAGING WITH? OR CONVERSATIONS WITH FRIENDS? OR THE NEWS?
3. DO THESE THOUGHTS ALIGN WITH YOUR ACTUAL BELIEFS?
4. NOW THAT YOU'VE HAD TIME TO REFLECT ON YOUR THINKING PROCESS AND THE EXTERNAL SOURCES THAT ARE INFLUENCING THEM, THINK ABOUT HOW YOU CAN GAIN MORE CONTROL OF HOW YOU THINK. THIS COULD MEAN REDUCING THE AMOUNT OF TIME ON SOCIAL MEDIA OR INTENTIONALLY EDUCATING YOURSELF ON CURRENT MATTERS.



Parent Practice Tip:

Thinking about thinking is often a hard concept for adults to understand, much less kids. But starting the conversation now, especially with the use of the video below, can help your children be more self-aware.

To Learn More:

What is Courage ?
Understanding Metacognition
Thinking About Thinking

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CHOOSING LOVE TODAY #59: TAKE CARE OF YOURSELF



Are you feeling overwhelmed? Do you feel run down, in need of a break? Take some time for yourself!

“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.”- Maya Angelou

Here, Maya Angelou is emphasizing the fact that we are meant to do acts of compassion for others as well as ourselves. Sometimes it might take a little bit of time for us to realize this, but once we do, we can strive to do our best for ourselves and others.

Often it may feel selfish to step away from something or take some time for yourself. The common clichés that you can’t pour from an empty cup or put on your oxygen mask before helping others are valid in this time. If we are run down, tired, or feeling rushed, we will not have the capacity to help others. When we recharge by taking time to do things that make us happy, we will be better equipped to pour that compassion into others.

Practice Compassion Today:



1. PICK A TIME EACH DAY THAT YOU CAN SET ASIDE EVEN JUST 5-10 MINUTE FOR YOURSELF.
2. MAKE A LIST OF WHY IT IS IMPORTANT TO TAKE THIS TIME TO YOURSELF.
3. MAKE A LIST OF POTENTIAL ACTIVITIES THAT YOU WOULD LIKE TO DO.
4. EVERYONE IS DIFFERENT, SOME WILL LIGHT CANDLES, TAKE A NAP, PAINT, MEDITATE. WHATEVER IT IS THAT HELPS YOU RELAX, CHOOSE THAT AND CHOOSE LOVE WHEN YOU DECIDE TO TAKE CARE OF YOURSELF.
5. CHECK OFF ON YOUR CALENDAR EACH DAY YOU DO YOUR SELF-CARE ACTIVITY.



Parent Practice Tip:

Ask your child what they do when they feel tired or upset. Turn this into a conversation about how you can do this regularly to prevent that “burn-out”.

To Learn More:

What is Compassion?

Self-Love Tips

Self-Care Ideas

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CHOOSING LOVE TODAY #58: REPLACE AN ANGRY THOUGHT WITH A GRATEFUL ONE



Have you seen angry thoughts appearing in your mind lately? Shift that thought to a grateful one.

As songwriter Willie Nelson once said, "One you replace negative thoughts with positive ones, you'll start having positive results." How exactly do we do that when things around us may feel frustrating or stressful? It may take some gratitude. Gratitude is a powerful tool that we can use to shift our mood into a positive one.

Gratitude can be defined as the act of expressing thankfulness and can be practiced in many different ways, such as sending a kind note to a friend, volunteering to help a family member or reminding yourself of all that you feel fortunate to have. When we dive deep into our gratitude in the face of an angry thought, we are choosing to feel good and to not let the angry thought take over our emotions. We also prepare ourselves to share the positivity that comes with our gratitude.

Practice Gratitude Today:



1. PAY ATTENTION TO YOUR THOUGHTS AND NOTICE IF AN ANGRY ONE APPEARS.
2. IF THIS OCCURS, TAKE 3 DEEP BREATHS IN THROUGH YOUR NOSE AND OUT THROUGH YOUR MOUTH.
3. AS YOU BREATHE, THINK ABOUT ONE THING YOU ARE REALLY GRATEFUL FOR AND THE REASONS YOU APPRECIATE IT. THIS ONE THING CAN BE A PERSON, YOUR HOME, THE FOOD YOU EAT, YOUR FAVORITE PLACE TO VISIT, OR ANYTHING YOU FEEL GRATITUDE FOR.
4. GO DEEP WITH THIS GRATEFUL THOUGHT. REALLY IMAGINE YOU ARE WITH THAT PERSON, IN YOUR HOME, EATING THAT FOOD, OR AT YOUR FAVORITE PLACE. MAYBE RECALL A MEMORY IN WHICH YOU FELT ESPECIALLY GRATEFUL FOR THAT ONE THING. REMIND YOURSELF HOW IT MAKES YOU FEEL TO HAVE IT.
5. AS YOU FOCUS ON THESE GRATEFUL THOUGHTS, NOTICE HOW YOUR MOOD IS AFFECTED AND HOW THIS HAS MADE YOU FEEL.



Parent Practice Tip:

Share with your children an angry thought that you have had recently and provide an example as to how this can shift to a grateful one. Explaining your feelings to them may help them understand their own.

To Learn More:

- [Being Grateful in Any Situation](#)
- [Kid President 25 Reasons for Gratitude](#)
- [5 Min. Gratitude Meditation for Children](#)

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CHOOSING LOVE TODAY #57: MAKE SIGNS SAYING #CHOOSELOVE



Do you want to spread the love? Inspire others? Display your passion and teach others to choose love with a sign!

Throughout the last 57 days, we have shown you ways to choose love through compassion in action, gratitude, forgiveness, and courage. If you are joining us today, please feel free to go and look through past tips, they are all posted on the website and Instagram for you to revisit them or experience the various tips for the first time.

Today's tip asks you to make a #ChooseLove sign. You practice courage by making a choose love sign because you are choosing to display passion for what you have started today or have joined us in doing. By posting your #ChooseLove sign you are having courage to share the love with others, spark interest, and ignite passion in others to choose love as well. When you make your sign think of why you #ChooseLove each day and how to continue choosing love even in these uncertain times.

Practice Courage Today:



1. DECIDE IF YOU WOULD LIKE TO MAKE A DIGITAL SIGN OR ONE WITH ARTS AND CRAFTS SUPPLIES.
2. GATHER THE NECESSARY SUPPLIES OF YOUR CHOOSING AND DECIDE THE SIZE OF THE POSTER.
3. THINK ABOUT WHY YOU ARE PASSIONATE ABOUT CHOOSING LOVE.
4. DECORATE YOUR SIGN WITH ANYTHING YOU WOULD LIKE TO REPRESENT HOW YOU CHOOSE LIVE. BE SURE TO PUT #CHOOSE LOVE ON THE SIGN.
5. PLACE THE POSTER IN A WINDOW IN THE FRONT OF YOUR HOME OR ON THE FRONT OF YOUR DOOR FOR OTHERS TO LEARN FROM.



Parent Practice Tip:

This can be a family activity! Get your child interested and engaged by letting them have autonomy in choosing if you paint, use markers, or glitter.

To Learn More:

What is Courage?

Learn more about what Choosing

Love means!

Have fun with different fonts!

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CHOOSING LOVE TODAY #56: CHALLENGE YOUR THOUGHTS



Are you ready for some self evaluation? Recognizing our own faults can be hard but we challenge you to do just that.

"It takes courage...to endure the sharp pains of self discovery rather than choose to take the dull pain of unconsciousness that would last the rest of our lives."— Marianne Williamson, author, politician and activist

There have been a lot of uncomfortable moments these past few months as we weather several global events and as systemic racism has come to the forefront of conversation and news. But as Marianne Williamson said, it takes courage to endure the sharp pains of self discovery. I think that many of us can relate to this statement as we ourselves have felt the pain of this self discovery. Reflecting on our own biases and taking a deeper look at our own thoughts and actions is painful as it may reveal truths that we were previously blind to. But we must continue to challenge ourselves as it is through this self reflection and self evaluation that we will continue to build and improve both ourselves and our communities.

Practice Courage Today:



1. TAKE A MOMENT TO THINK ABOUT THE THOUGHTS THAT YOU'VE BEEN HAVING LATELY AROUND THE RECENT EVENTS.
2. WRITE THESE DOWN ON A PIECE OF PAPER.
3. NOW THAT YOU HAVE A CONCRETE REPRESENTATION OF YOUR THINKING PROCESS, CHALLENGE YOURSELF BY GOING THE EXTRA STEP AND LEARNING MORE ABOUT THE TOPICS BASED ON THESE THOUGHTS.
4. NOW COMES THE HARD PART, REFLECT ON DIFFERENCES BETWEEN YOUR THOUGHTS AND THE RESULTS OF THE RESEARCH YOU'VE DONE. DO THEY LINE UP? WHY OR WHY NOT? HOW HAS THIS CHANGED THE WAY YOU THINK ABOUT RECENT EVENTS?



Parent Practice Tip:

Share this process with your children, show them how to challenge their own thoughts and grow from self evaluation.

To Learn More:

What is Courage?
Self Awareness

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CHOOSING LOVE TODAY #55: TAKE TIME TO YOURSELF TO DECOMPRESS



Have you been feeling overwhelmed and exhausted from all of the current events you've read in the news? Take the time to decompress today.

When you are constantly surrounded by negative news and negative situations, it can affect your mood and make you feel hopeless. Although it is good to stay informed on current events and what is going on in the world, it is a lot to take on a constant stream of really emotional and disheartening news daily. Sometimes it can be beneficial to unplug and allow yourself the time to focus on other aspects of your life that are also important to you, such as spending time with your loved ones.

Sometimes we get caught up in doing things for other people that we forget to do things for ourselves. Everyone needs to devote time to themselves. It prevents burnout and allows us to put our best foot forward when supporting others. Learn different ways you can decompress from your stress, anxiety, and feeling overwhelmed today by practicing self-compassion.

Practice Compassion Today:



1. PUT AWAY YOUR SOCIAL MEDIA AND TURN OFF THE NEWS.
2. SET ASIDE SOME TIME DURING THE DAY TO DECOMPRESS, WHETHER IT'S 5 OR 15 MINUTES.
3. FIND SOMETHING YOU ENJOY TO DO. SOME EXAMPLES ARE WATCHING YOUR FAVORITE SHOW'S BLOOPERS, TAKING A BUBBLE BATH, AND PAINTING OR COLORING.
4. IF YOU STILL FEEL SOME ANXIETY AND LIKE YOU'RE STILL HOLDING THINGS INSIDE, JOURNALING OUT YOUR THOUGHTS CAN BE A HELPFUL WAY TO LET IT GO.



Parent Practice Tip:

Talk to your child(ren) about ways they can take time to themselves when they are feeling really sad, tired, or feeling nervous.

To Learn More:

10 Self Care Tips for Kids!

10-Minute Meditation for Anxiety

How to Decompress from Stress

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CHOOSING LOVE TODAY#54: HAVING A CHALLENGING CONVERSATION



Challenging conversations help us grow and learn from one another. Want to have a tough conversation, but unsure how to approach it?

Throughout our lives, we may have to engage in challenging conversations. With the current ongoing events, we may feel even more called to participate in difficult conversations today. Challenging conversations are critical to our growth. They allow us to share our thoughts, experience, and knowledge with another person, while also learning from that individual. These talks may be tough, but should not be avoided.

Courage can be defined as thinking something is scary, and doing it anyway. It may take courage to stand up for someone else when you see somebody wrong them. Engaging in a challenging conversation may also take courage. In order for a tough conversation to be constructive, it may be helpful to follow the following steps.

Practice Courage Today:



1. BE PREPARED TO LISTEN. THE PERSON YOU SPEAK WITH MAY HAVE AN OPINION OR KNOWLEDGE ON THE TOPIC THAT YOU DO NOT. BE SURE TO NOT INTERRUPT.
2. REMAIN CALM. IF YOU BEGIN TO FEEL UPSET OR ANGRY, ACKNOWLEDGE YOUR EMOTIONS TO THE OTHER PERSON, TAKE A DEEP BREATH, AND COME BACK TO YOUR CALM STATE. THIS WILL HELP THE CONVERSATION CONTINUE.
3. USE THE CONVERSATION TO LEARN FROM ONE ANOTHER AND PROBLEM-SOLVE, NOT TO BE THE "RIGHT" PERSON.
4. BE CLEAR ABOUT THE POINT YOU WOULD LIKE TO MAKE BY PROVIDING SPECIFIC EXAMPLES. EXPLAIN WHY YOU HAVE YOUR POINT OF VIEW.
5. ACKNOWLEDGE THE OTHER PERSON'S FEELINGS AND THOUGHTS AND SEE IT FROM THEIR PERSPECTIVE. BEFORE RESPONDING TO THEM, LET THE OTHER PERSON KNOW THAT YOU UNDERSTAND THEIR VIEW. ASK THEM ABOUT IT FURTHER IF YOU DO NOT.



Parent Practice Tip:

When approaching your child with a tough conversation, be sure to acknowledge your child's feelings and listen to your child's thoughts on the topic by asking open-ended questions.

To Learn More:

Having a Tough Conversation with your Child

Parents of Black Children: "The Talk"

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CHOOSING LOVE TODAY #53: LEARN FROM PAST MISTAKES & FORGIVE YOURSELF



Have you engaged in actions or words in your past that you now regret? It's time to forgive yourself for your past ignorance so you can move forward with your new knowledge.

"Living is a process of developing oneself. Without experiencing pain from disconcerting periods of our lives, we would be a different person, perhaps a lesser person."— Kilroy J. Oldster

As we go through life we will make many mistakes. The challenge is to learn from these mistakes and grow into a better person. Given the current events, many of us may remember actions that we have engaged in that we are now ashamed of. Take this time to reflect on that guilt that you are feeling and use it for good. Educate yourself, have conversations with others, develop yourself so you never make those mistakes again, then forgive yourself.

To forgive is the act of letting go of any negative feelings and moving past the experience. Forgiveness does not mean that you are okay that the situation happened, but it involves using that past experience to learn and grow. While forgiving others may be difficult, it may be even more challenging to forgive yourself. Embrace that challenge and realise that your mistakes have helped make you a better person now.

Practice Forgiveness Today:



1. THINK ABOUT A SITUATION THAT OCCURED RECENTLY IN WHICH YOU MADE A MISTAKE OR MISCOMMUNICATED.
2. REMIND YOURSELF THAT ALL HUMANS MAKE MISTAKES SOMETIMES AND WE CAN USE THESE EXPERIENCES TO LEARN AND GROW.
3. REFLECT ON WHAT LEAD TO YOU MAKING THE MISTAKE AND CONSIDER HOW YOU WILL PREVENT A SIMILAR MISTAKE FROM HAPPENING.
4. FORGIVE YOURSELF FOR THE RECENT SITUATION IN STEP 1.
5. REFLECT ON HOW THIS PROCESS MADE YOU FEEL AND REPEAT THESE STEPS WHEN A PAST MISTAKE COMES TO MIND.



Parent Practice Tip:

Share with your child(ren) a recent time when you made a mistake, and how you forgave yourself. This may help them understand that even adults make mistakes, but we can forgive ourselves and move past it.

To Learn More:

[Learning From Mistakes](#)

[It Hurts to Hurt Someone](#)

[Forgiveness According to Kids](#)

[5 Min Self-Forgiveness Meditation](#)

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CHOOSING LOVE TODAY #52: AN OPPORTUNITY FOR SELF-REFLECTION



Take time to reflect on your thoughts, feelings, and actions during this time of social unrest. Ask the tough questions. Where do you stand on the world's current issues? How do recent events affect you? Do your current & past actions align with your beliefs?

With everything happening in our country right now, social media is buzzing with loads of information every second. Social platforms are bombarding us with information that may be hard to digest because of the quantity and topics. Self-reflection provides us the time to absorb the information, promotes learning and understanding, allows us to gain perspective, and helps us respond effectively.

Although it is important to learn about the events surrounding you, analyzing your thoughts and feelings about the events are just as important. Self-reflection is taking the time to evaluate your own attitudes, emotions, and thoughts, which is a courageous act. Self-reflection requires a person to dive deep into their thoughts where there is a possibility they might not like what they see. Although scary, it is essential for us to spend time reflecting on ourselves. Self-reflection starts our process of becoming a better person. Challenge yourself by examining your thoughts and feelings about our country's current issues.

Practice Courage Today:



1. GRAB A WRITING UTENSIL AND PAPER.
2. FIND A PEACEFUL PLACE WHERE YOU CAN THINK CLEARLY.
3. WRITE DOWN ALL YOUR THOUGHTS ON THE CURRENT ISSUES AFFECTING OUR COUNTRY (RACISM, COVID-19, ETC.).
4. REFLECT ON EACH WRITTEN THOUGHT BY POSING QUESTIONS TO YOURSELF (EX. WHAT ARE MY REASONS FOR BELIEVING THIS WAY? ARE THERE FACTS TO SUPPORT MY LINE OF REASONING?)



Parent Practice Tip:

Take the opportunity to learn about your child's understanding of current issues. Start a conversation that allows them to share their knowledge, thoughts, & feelings about the current situation.

To Learn More:

Active listening

The Value of Self-Reflection

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CHOOSING LOVE TODAY #51: LISTEN TO THEIR STORIES



Are you unsure about what you can do? Listen. Actively educate yourself on the experiences of your fellow Americans and listen to their stories.

There is a lot of turmoil and anger in the world right now. It's hard to understand what others may be feeling and what may be fueling their actions when you haven't had the same experiences as them. And though you will never have the same life experiences as those of different races, different ethnicities or different identities from yours, there are steps that you can take to broaden your understanding.

The first step in this process is to listen. Through social media, articles, books, magazines, podcasts, documentaries, movies, etc, people are sharing their stories and their experiences so the world can hear their voices. We challenge you to not only listen to these stories, but also set aside your own preconceived notions, challenge your own views, and open yourself to new ideas and perspectives.

Practice Courage Today:



1. INTENTIONALLY SEARCH FOR ARTICLES, PODCASTS, DOCUMENTARIES, ETC THAT SHARE THE EXPERIENCES OF AFRICAN AMERICAN CITIZENS.
2. PRACTICE ACTIVE LISTENING WHEN ENGAGING WITH THESE MEDIUMS, SEE LINK BELOW THAT DESCRIBES ACTIVE LISTENING.
3. TAKE TIME AFTER LISTENING OR READING THESE STORIES TO REFLECT ON WHAT YOU'VE READ, MUCH OF IT WILL BE VERY HEAVY SO GIVE YOURSELF THE SPACE TO ABSORB THE INFORMATION.
4. UTILISE JOURNALING AS A WAY TO ORGANISE OR EXPRESS YOUR THOUGHTS.
5. SHARE THESE RESOURCES WITH OTHERS AND START HAVING CONVERSATIONS WITH THOSE AROUND YOU.



Parent Practice Tip:

This can be an opportunity to broaden your child's understanding of racism in America through stories and conversations. Click on the links below for useful resources to do so.

To Learn More:

Active listening

Books to help explain racism to children

How to talk to children about race

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CHOOSING LOVE TODAY#50: REACH OUT



Are you feeling unsure about what you CAN do? Reach out! Say Hello, Ask what can I do to help?

It is important to pause and infuse compassion for others into our days. We can infuse this compassion through empathy. Empathy is when you put yourself in someone else's position and think about how they are feeling. Without empathy, we live in a world full of judgment, hate, and disregard for others feelings. When we practice empathy, we are practicing compassion in action. Empathy can be shown by recognizing someone's pain, validating their struggle, and listening intently and supportively. When you show someone empathy you are choosing love today.

You may be focusing on all the things you CAN'T do, or that feel difficult. However, there are things we CAN do no matter what the current situation is. We can show the individuals in our life that we care about them by simply checking in. When we set aside time, and take actions with intent we are more likely to follow through. Follow today's steps to check in on loved ones who may be struggling.

Practice Compassion Today:



1. SET ASIDE SOME INTENTIONAL TIME DURING THE DAY WHEN YOU CAN BE IN A QUIET LOCATION AND BE UNINTERRUPTED.
2. THINK ABOUT SOME LOVED ONES YOU WOULD LIKE TO REACH OUT TO.
3. DECIDE WHAT IS THE BEST METHOD OF COMMUNICATION. (EX.TEXT, EMAIL, MAIL, PHONE CALL, VIDEO CHAT ETC.)
4. LISTEN. LISTEN. LISTEN. HEAR YOUR LOVED ONE'S CONCERNS, WITNESS WHAT THEY ARE TELLING YOU.
5. PROVIDE LOVING COMPASSION BY SUPPORTING YOUR LOVED ONE IN A WAY THAT IS BEST FOR THEM.



Parent Practice Tip:

Talk through with your child(ren) why we reach out and the importance of showing care and concern for those we love. Ask them if there is anyone they want to reach out and take that step together. If your child is confused about current events and why friends and family might be feeling sad or could use support utilize the resources below.

To Learn More:

[What is Compassion in Action?](#)

[Books To Help Explain Current Events](#)

[How to Build Empathy in Children](#)

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CHOOSING LOVE TODAY #49: BEAT FEAR BY REMEMBERING YOUR STRENGTH



Have you been feeling discouraged and fearful lately? Lift that cloud of fear by reflecting on your strengths and past acts of bravery!

Did you know that reflecting on your strengths makes you practice them more? It also gives you the courage to face your fears. Thinking about all of the qualities that make you special, like your adaptability, patience, persistence, kindness, leadership, etc., makes you more aware of them as well as builds your confidence. When you increase your awareness of your strengths you're more likely to use them and, through that practice, build them up. Additionally, reflecting on your strengths builds your self confidence and helps you face your fears.

Courage can be defined as the willingness and ability to work through obstacles despite feeling embarrassment, fear, reluctance or uncertainty. Displaying courage can be difficult but knowing your strengths and engaging them during situations when you need to be brave helps make it a little easier.

Practice Courage Today:



1. TAKE A MOMENT TO REFLECT ON YOUR STRENGTHS, CHECK OUT THE VIDEO ON 24 CHARACTER STRENGTHS FOR SOME EXAMPLES.
2. GRAB A PIECE OF PAPER AND A PEN AND WRITE THESE STRENGTHS DOWN.
3. WRITE DOWN A TIME THAT YOU DISPLAYED THE EACH STRENGTH THAT YOU WROTE DOWN.
4. EACH DAY CHOOSE A STRENGTH TO PRACTICE THAT DAY.
5. THE NEXT TIME YOU EXPERIENCE FEAR OR NEED TO BE BRAVE THINK BACK ON YOUR STRENGTHS AND USE THAT CONFIDENCE TO FORGE ON.

Parent Practice Tip:

Parents, this is a great activity to do with your children. Ask them what they think their strengths are and point out strengths that you've seen in them. Then reflect with them on times that they've shown these strengths.

To Learn More:

24 Character Strengths Explained
Know your Character Strengths

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CHOOSING LOVE TODAY #48: COMPLIMENT SOMEONE YOU LOVE



“Everyone likes a compliment.” - Abraham Lincoln

As Honest Abe so eloquently stated, compliments are universally liked. Even better, they are an easy way to brighten someone’s day. I’m sure you can remember a time when you’ve received a compliment from someone and the warmth it made you feel, now think about sharing that feeling with someone else. Words have so much power and we can use them for good by complementing those that we love. So practice compassion today by spreading the love.

Practice Compassion Today:



1. THINK ABOUT SOMEONE WHO YOU CARE ABOUT BUT MAYBE HAVEN’T TALKED TO IN A WHILE.
2. NOW THAT YOU’VE CHOSEN SOMEONE, REFLECT ON WHAT YOU LIKE ABOUT THEM.
3. WRITE IT DOWN SOMEWHERE SO YOU CAN LOOK BACK AT IT LATER.
4. REACH OUT TO THAT PERSON AND SHARE WHAT YOU REFLECTED ON.

Parent Practice Tip:

Get your kids involved! Have them go through the steps as well and share a compliment with someone else in the household or other friends and family.

To Learn More:

[The Power Of A Compliment](#)
[Ten Compliments Children Need To](#)

[Hear](#)

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CHOOSING LOVE TODAY #47: REMEMBER THE PURPOSE OF FORGIVENESS



Remember the purpose of forgiveness is not to try and change the other person's behaviors. Sometimes you hope that forgiving someone will change them for the better, that they will treat you better, but that is not what forgiveness does. The purpose of forgiveness is to bring yourself a sense of peace not change another's actions.

Forgiving someone is supposed to give you comfort. It is meant to help alleviate the pain and resentment you feel towards someone in order to live a happier life. Holding onto bitter feelings makes less room for us to experience positive feelings.

Forgiveness makes sure that you do not fixate on the person who hurt you and it is necessary for you to move forward with your life.

Practice Forgiveness Today:



1. REFLECT ON INSTANCES WHERE YOU HAD TO FORGIVE SOMEONE.
2. THINK ABOUT IF FORGIVING THEM ALWAYS LED TO A CHANGE IN THEIR BEHAVIOR. DID THEY TREAT YOU BETTER?
3. IF NOT, THINK ABOUT HOW FORGIVING THEM STILL BENEFITED YOU.
4. USE THOSE BENEFITS TO REMIND YOURSELF THAT FORGIVENESS IS NOT FOR THE OTHER PERSON BUT FOR YOURSELF.

Parent Practice Tip:

Take some time to discuss the purpose of forgiveness with your child(ren). Help them list the personal benefits of forgiving someone.

To Learn More:

WHAT IS FORGIVENESS?

[Meditation Music for Positive Energy](#)

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CHOOSING LOVE TODAY #46: ANONYMOUS ACT OF KINDNESS



Amelia Earheart, an inspiration who was the first woman to fly a plane over the Atlantic Ocean, once said, "A single act of kindness throws out roots in all directions, and the roots spring up and make new trees." What do you think she meant by this?

Choosing to be kind to others spreads positivity, love, and joy. When we decide to perform a single act of kindness, this kindness continues to spread and grow in the lives of others. As Ms. Earheart emphasized, being kind to one person might inspire that individual to be kind to others and so on.

Gratitude means showing that you are thankful. We can display gratitude by doing an act of kindness. By performing this kind act anonymously, it may surprise and brighten the other person's day; inspiring them to keep the anonymous kind acts going! You can start that chain of inspiration with these action steps today.

Practice Gratitude Today:



1. THINK ABOUT A PERSON OR A LOCATION FOR YOUR ANONYMOUS ACT OF KINDNESS. FOR EXAMPLE, MAYBE YOU WOULD LIKE TO LEAVE A KIND NOTE IN A NEIGHBOR'S MAILBOX OR MAKE A DONATION TO A SHELTER (SEE VIDEO BELOW FOR MORE IDEAS).
2. REMIND YOURSELF AS LONG AS YOU ARE SPREADING KINDNESS, IT DOES NOT MATTER HOW BIG OR SMALL THIS ACT MAY SEEM.
3. DO YOUR ANONYMOUS ACT OF KINDNESS.
4. REFLECT ON HOW IT MADE YOU FEEL TO DO THIS AND CONSIDER HOW IT MAY HAVE IMPACTED OTHERS.

Parent Practice Tip:

Encourage your child(ren) to continue incorporating kind acts into their days. By allowing them to see you perform kind acts, they may be inspired.

To Learn More:

What is Gratitude?

Ideas for Acts of Kindness

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CHOOSING LOVE TODAY #45: COURAGE POEM



“One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest.”- Maya Angelou

Here, Maya Angellou is exemplifying that courage allows us to have a basis for other positive traits. If we were baking a cake, courage would be a sturdy base that could be decorated with kindness and generosity described above. Courage does not simply appear. We must nurture it through purposeful experiences and activities. Through this poem activity, you will use words to find and exemplify your own courage. Courage is the act of doing something in spite of fear. Complimenting oneself, or writing about yourself or own experiences can be a daunting task for many people. However, with this poem you will learn to do that for yourself. During these stressful times it may be easy to forget just how courageous, we have been and continue to be. Use this activity to remind yourself of that.

Practice Courage Today:



1. GRAB A WRITING UTENSIL AND SOME PAPER OR AN ELECTRONIC DEVICE.
2. YOU CAN EITHER TAKE THE WORD COURAGE OR YOUR NAME AND WRITE IT VERTICALLY ON THE PAGE.
3. FOR EACH LETTER YOU WILL WRITE SOMETHING THAT REPRESENTS A TIME YOU SHOWED COURAGE. (EX. C- CAMPED OUTSIDE DURING A HIKING TRIP, O-OVERCAME STAGE FRIGHT AND PERFORMED DURING THE TALENT SHOW)
4. DO THIS FOR EACH LETTER OF YOUR NAME OR THE WORD COURAGE.
5. DECORATE AS DESIRED AND PRINT OR PASTE TOGETHER TO DISPLAY OR SAVE FOR FUTURE REFERENCE.

Parent Practice Tip:

Proudly display these poems somewhere in your home! It's a fun and easy way to have a visible reminder during feelings of “I can't do this!” and turn them into “I can do this” moments.

To Learn More:

[What is Courage?](#)

[Courage Exercises](#)

[Children's Books About Courage](#)

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CHOOSING LOVE TODAY #44: WRITE A KIND NOTE TO A FAMILY MEMBER



“Our task must be to free ourselves... by widening our circle of compassion to embrace all living creatures and the whole of nature and it's beauty.”

Albert Einstein's sentiment is that when we live life compassionately by showing love to others, compassion allows us to not just be present in a moment but it cultivates enjoyment and fulfillment. If we have purposeful compassion for the world around us, including our loved ones, then we can feel content and positive knowing that we've spread kindness. It is important to show compassion for ourselves and other people every day.

Practice Compassion Today:



1. FIND FIVE MINUTES OF THE DAY YOU CAN SET ASIDE FOR THIS ACTIVITY.
2. FIND A STICKY NOTE OR PIECE OF PAPER AND PREFERRED WRITING TOOL (PEN, PENCIL, MARKER, ETC.)
3. WRITE A KIND NOTE FOR A FAMILY MEMBER. THIS CAN BE AN ENCOURAGING STATEMENT OR SOMETHING YOU LOVE ABOUT THEM.
4. SEND THEM THE KIND NOTE KNOWING YOU'VE SPREAD COMPASSION TODAY.

Parent Practice Tip:

Write a kind note to your child(ren)! Read them the kind note out loud. Show them how they can write their own kind note to a family member too!

To Learn More:

What is Compassion in Action?
Some Kind Words Kids Can Write

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CHOOSING LOVE TODAY #43: BREAK IT DOWN WHEN FRUSTRATED



“How we decide to react to what is thrown at us is what determines our level of happiness or frustration.” - Folorunsho Mejab

As the world waits for a sense of normalcy to return we are left feeling on edge and easily irritated. It's times like these that we need to reflect on how we want to acknowledge this and prepare a plan for how we will react in frustrating situations, because our reactions can determine our own happiness as well as those of the people around us.

Forgiveness is about letting go of anger or resentment towards yourself or others and is something that we should practice when in these frustrating situations. Unfortunately, it is at those moments when it is hardest to forgive. Taking a moment to break down the situation is a great way to defuse the frustration and let go of any anger.

Practice Forgiveness Today:



1. DURING MOMENTS OF FRUSTRATION TAKE A MINUTE TO BREATHE.
2. ONCE YOU'VE CALMED DOWN, GRAB A PENCIL AND PAPER, AND WRITE DOWN WHAT'S FRUSTRATING YOU.
3. THEN, BREAK DOWN THE SITUATION INTO STEPS OR COMPONENTS. THIS IS OFTEN A GREAT WAY TO MAKE AN OVERWHELMING TASK EASIER TO DIGEST OR HELP YOU REALIZE THAT THE SITUATION THAT IS MAKING YOU ANGRY ISN'T AS UNMANAGEABLE AS YOU THOUGHT.
4. TAKE IT A STEP FURTHER BY MAKING ACTIONABLE STEPS THAT YOU CAN DO GOING FORWARD.

Parent Practice Tip:

Breaking things down into steps is a great skill to teach your kids especially now when frustration may come more easily after so much time at home.

To Learn More:

Frustrated

Frustration: A Social Story.

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CHOOSING LOVE TODAY #42: WRITE THREE THINGS THAT WENT WELL TODAY



"A grateful heart is a beginning of greatness."

- James E. Faust

Being grateful doesn't only have to happen on Thanksgiving day or any other holiday; it can be an everyday feeling. Even though there may be many negative things happening in our lives, there are still many positive things happening simultaneously. Focusing on the positive can really help improve our quality of life. It's what allows us to feel things such as joy, happiness, and love which in turn allows us to be great.

Practice Gratitude Today:



1. SET ASIDE 5 MINUTES TO REFLECT ON HOW YOUR DAY WENT.
2. THINK ABOUT EVERYTHING THAT HAPPENED AND LIST THREE THINGS THAT WENT WELL.
3. WRITE YOUR LIST IN A JOURNAL AND INCLUDE THE DATE, OR WRITE IT ON A CALENDAR, OR SIMPLY SAY YOUR LIST OUT LOUD.
4. TRY TO REPEAT THIS ACTIVITY AT LEAST 1X EVERY WEEK.

Parent Practice Tip:

Ask your child(ren) what are some positive things that happened to them today; what made them smile. Also, share what went well for you today.

To Learn More:

Practicing Gratitude

Thankful by the Juicebox Jukebox

5- Minute Meditation

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CHOOSING LOVE TODAY #41: STEP OUTSIDE OF YOUR COMFORT ZONE!



“If you never did, you should. These things are fun and fun is good.” - Dr. Seuss

Dr. Seuss is encouraging us to try things that are new to us. When we step outside of our comfort zones we may discover new favorite things, foods, places, the options are endless. When we step out of our comfort zones we are making a promise to ourselves to try new things even when we feel apprehensive.

Courage is defined as the ability to do something even with fear present. Sometimes trying new things can be intimidating or uncomfortable because we are so used to our typical activities. Each day is a new gift and a new opportunity to try unique and fun things. Even if we are home there is still room for new adventures, we must use our courage and imaginations to do this.

Practice Courage Today:



1. MAKE A LIST OF THINGS YOU HAVE BEEN WANTING TO DO.
2. IF THIS IS DIFFICULT AT FIRST IT CAN BE SOMETHING AS SIMPLE AS WATCHING AN ACTION MOVIE INSTEAD OF A COMEDY OR TRYING A NEW VEGETABLE.
3. INITIATE ANY ACTION YOU NEED IN ORDER TO ACCOMPLISH THIS, FOR EXAMPLE YOU MAY NEED TO LOOK UP NEW RECIPES OR READ REVIEWS OF NEW MOVIES.
4. PICK A TIME TO TRY THIS NEW THING.
5. AFTER YOU'RE DONE, REFLECT ON HOW IT FELT TO DO THIS NEW THING AND WHY YOU'RE HAPPY YOU DECIDED TO DO THIS NEW THING.

Parent Practice Tip:

Your child may be hesitant to try something new. Use an example of a time your or someone you know tried something new and had positive results in order to model this to your child and increase their willingness to try something new.

To Learn More:

What is Courage?

Ideas of New things to try

Why is stepping out of your comfort zone important?

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CHOOSING LOVE TODAY #40: CREATE A KINDNESS BOARD



Famous writer, Mark Twain, once said, "Kindness is a language which the deaf can hear and the blind can see." Everyone can express kindness, as well as appreciate receiving kindness from others. Kindness is a way to express compassion for one another.

Compassion is defined as understanding the feelings of others and taking action to help them in some way. We can show compassion by doing kind acts for others. There are simple things we can do on any given day, such as sharing jokes to make others laugh, reminding others we love them, and being an active listener by paying full attention in a conversation. When in person with others, we can hold the door open, ask people how they are doing, or offer to help. Today, spend a few minutes brainstorming ways you can show compassion through kind acts and create a kindness board.

Practice Compassion Today:



1. GRAB SOME STICKY NOTES OR CUT OUT SQUARES OF PAPER AND GET TAPE.
2. ON EACH STICKY NOTE OR PAPER, WRITE DOWN ONE KIND ACT YOU CAN DO FOR OTHERS. THEY CAN BE GENERAL, SUCH AS "I WILL SMILE AT AS MANY OF MY LOVED ONES AS I CAN TODAY" OR THEY CAN BE SPECIFIC TO A PERSON.
3. CREATE SOME STICKY NOTES OR PAPERS WITH KIND ACTS YOU CAN DO ONCE WE ARE NO LONGER SOCIAL DISTANCING.
4. ATTACH ALL YOUR NOTES TO A LARGE PIECE OF PAPER OR TO A SECTION OF THE WALL IN YOUR BEDROOM.
5. DECIDE HOW OFTEN YOU WILL COMPLETE ONE OF THESE ACTS AND MARK EACH KIND ACT AS YOU COMPLETE.

Parent Practice Tip:

Encourage your child to brainstorm as many kind acts on their own to see what they can come up with and provide suggestions as you see fit.

To Learn More:

- [Video to Inspire Kindness](#)
- [Kindness Quilt Read Aloud Story](#)
- [What is Compassion?](#)

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CHOOSING LOVE TODAY #39: TAKE RESPONSIBILITY FOR YOUR ACTIONS



Bryant H. McGill, a best-selling author, once said, "There is no love without forgiveness, and there is no forgiveness without love." Maybe you don't really understand what the other person is going through, but there is a certain amount of time and care needed to reach the point where you can forgive.

Being able to take responsibility for your actions and your side of the situation is a good step to finding forgiveness. Being in a constant state of holding onto resentment drains us of our happiness. This can change our mood, our relationships, and even our health. It's important to reflect on the actions you've caused, taking responsibility for it, and learning how to move on. Learning how to move on is very important because it helps you not only forgive others but also helps you forgive yourself. Make it a daily mission to look at situations, take responsibility, and learn how to cope.

Practice Forgiveness Today:



1. MAKE SURE TO BE IN A CALM STATE OF MIND BY TAKING A COUPLE OF MINUTES TO DO DEEP BREATHS OR MEDITATE.
2. THINK ABOUT THE SITUATION THAT MADE YOU ANGRY AND FRUSTRATED.
3. THINK ABOUT YOUR ROLE IN THE SITUATION AND HOW IT'S AFFECTED YOU AND THE OTHER PERSON.
4. WRITE ABOUT YOUR FEELINGS ABOUT THE SITUATION AND TO WORK TOWARDS A SOLUTION. YOU CAN WRITE IN A JOURNAL OR A [WORKSHEET LIKE THIS](#) TO HELP GUIDE YOU THROUGH IT.
5. WRITE WAYS YOU WOULD MOVE ON FROM THE SITUATION. FINDING DIFFERENT WAYS TO APOLOGIZE AND DIFFERENT WAYS TO TALK THINGS OUT ARE CRUCIAL TO MOVING ON AND FINDING FORGIVENESS.

Parent Practice Tip:

Teach your child(ren) the steps of how to work through a frustrating situation or conflict. Tell them different ways they can apologize and find forgiveness.

To Learn More:

5-Minute Meditation You Can Do

Anywhere

Story about Forgiveness

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CHOOSING LOVE TODAY #38: TRIO OF THANKFULNESS



Ralph Waldo Emerson - "Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude."

Ralph Waldo Emmerson is saying here that gratitude is not something we need to use sparingly. It is something that can be expressed frequently and for prolonged periods of time. Gratitude is not a feeling or action that has to be reserved for special occasions. It is something that can quickly be experienced everyday with a little practice. Gratitude can be an expression of thankfulness towards yourself or someone else, a person, place or thing. You can share this gratitude with others to further spread the joy. When gratitude becomes a part of your daily routine it can make everything a little brighter.

Practice Gratitude Today:



1. THINK ABOUT YOUR DAY, THIS CAN BE ANYTHING LIKE A PICTURE YOUR CHILD DREW OR THE CEREAL YOU ATE FOR BREAKFAST.
2. WRITE THE DATE ON A SHEET OF PAPER OR NOTE IT IN AN ELECTRONIC DEVICE.
3. THINK ABOUT A PORTION OF THE DAY OR RANDOM MOMENTS THAT BROUGHT YOU JOY, PEACE OR APPRECIATION. PICK THREE MOMENTS WHERE YOU FELT THANKFUL FOR THESE THINGS.
4. WRITE DOWN THESE THREE MOMENTS AND REVIEW AS NEEDED.

Parent Practice Tip:

Ask your children to keep their own list and compare at the end of the day to see if any one had the same thankfulness list.

To Learn More:

What is Gratitude?

Why is Gratitude Good?

Tips for your Thankful List

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CHOOSING LOVE TODAY #37: MAKE A “CUP OF COURAGE”



Nick Bland’s book *The Very Brave Bear* shows how being courageous and encouraging to others helps everyone feel good. In saying this, the book highlights that trying new things and not only being encouraging to others but encouraging yourself can make you feel brave and proud.

Courage is defined as the ability to do something that we find scary. We can show courage in our everyday lives by being brave and trying something new. It takes courage to tell someone else you love them or to tell yourself. Although it may be scary at first, it is so crucial that we remind ourselves how important we are and that we matter, especially during a time of social distancing. These positive words to yourself can be extremely valuable and can help you share those same encouraging words to the people you love. Take a few minutes today to show courage by making a “cup of courage”.

Practice Courage Today:



1. THINK ABOUT THINGS YOU’VE SAID TO SOMEONE WHEN THEY FELT UNMOTIVATED AND LIKE THEY COULDN’T ACHIEVE SOMETHING.
2. WRITE DOWN SOME OF THESE PHRASES.
3. GET CONSTRUCTION PAPER, MARKERS, STICKERS, AND ANY OTHER MATERIALS TO HELP WITH EXPRESSING YOUR CREATIVITY.
4. MAKE A CUP OUT OF PAPER (LOOK AT THE VIDEO LINK BELOW)
5. WHEN YOU FINISH MAKING YOUR CUP, WRITE THOSE COURAGE PHRASES ON THE OUTSIDE OF YOUR CUP AND DECORATE AS YOU’D LIKE. YOU CAN EVEN DRINK WATER FROM YOUR CUP!

Parent Practice Tip:

Make Cups of Courage with your child(ren)! Discuss the different phrases everyone wrote on their cups and how they make you feel brave.

To Learn More:

An Example of a “Cup of Courage”

How to Make a Paper Cup!

Read aloud of The Very Brave Bear

by Nick Bland

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CHOOSING LOVE TODAY #36: COMPASSION MEDITATION



“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.”

Maya Angelou’s sentiment behind this statement is that when we live life compassionately whether it be for ourselves or others we tend to be happier. Compassion allows us to not just be present in a moment but it cultivates enjoyment and fulfillment. If we have compassion for ourselves and others, then you can surpass minimum expectations for the day and instead feel rejuvenated and refreshed. It is important to show compassion for ourselves and other people every day.

Practice Compassion Today:



1. FIND A QUIET SPACE IN YOUR HOME OR SOMEWHERE OUTSIDE YOU FEEL COMFORTABLE AND CAN FIND PEACE IN.
2. FIND FIVE TO TEN MINUTES OF THE DAY YOU CAN SET ASIDE FOR THIS ACTIVITY.
3. PICK A GUIDED OR UNGUIDED MEDITATION.
4. SIT AND ENGAGE IN THE MEDIATION.
5. THANK YOURSELF FOR TAKING THE TIME TO BE MINDFUL AND COMPASSIONATE TO YOURSELF IN THAT MOMENT.

Parent Practice Tip:

Any kind of mediation can be difficult if you’ve never done one before, so show your child how to meditate. Have compassion and be patient with yourself or child when meditating for the first time.

To Learn More:

What is Compassion in Action?

How does compassion relate to meditation?

Example Meditation

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CHOOSING LOVE TODAY #35: REFLECT ON TIMES YOU HAVE BEEN FORGIVEN



“Mistakes are always forgivable, if one has the courage to admit them.”

-Bruce Lee, actor

We are all human, and so we all make mistakes sometimes. As Bruce Lee said, it is up to us to admit to these mistakes and ask for forgiveness. If we have wronged or hurt someone, it will be that person’s decision to forgive us. It is important to think back to these moments in which you have hurt someone and been forgiven. Taking the time to consider how this forgiveness made you feel is also crucial. These thoughts might be inspirational to you the next time you are asked for forgiveness by someone else.

Practice Forgiveness Today:



1. GRAB A PIECE OF PAPER OR STICKY NOTE.
2. THINK ABOUT A TIME WHEN YOU HAVE HURT OR UPSET ANOTHER PERSON.
3. IMAGINE HOW THIS MADE THEM FEEL AND CONSIDER HOW YOU APOLOGIZED OR ASKED FOR FORGIVENESS.
4. WRITE DOWN HOW IT MADE YOU FEEL WHEN YOU WERE FORGIVEN.

Parent Practice Tip:

Share a memory with your child of a time you hurt someone, and were shown forgiveness. Connecting with your child in this way may show them that mistakes are normal, even as adults.

To Learn More:

What is Forgiveness?

Short Story About Forgiveness

Apology Cards

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CHOOSING LOVE TODAY #34: TAKE A BREAK TO SELF APPRECIATE



“Today you are you! That is truer than true! There is no one alive who is you-er than you! Shout loud, ‘I am lucky to be what I am!...”” Dr. Seuss

It’s very easy to become so busy that you fail to stop and celebrate yourself but, as Dr. Seuss said, there’s no one you-er than you! Taking a minute or five to stop and appreciate yourself can have several benefits. First, it’s always good to celebrate the little successes in life whether that’s completing a goal you had or simply getting out of bed today! Second, acknowledging how great you are can increase your positive outlook on life, especially now. We are surrounded by so much negativity as this pandemic continues that our little victories may seem minor, but they’re not. Lastly, taking a moment to think positively about yourself is a great way to self motivate.

So take a minute, or five to reflect on your importance in the world and how you impact others and the environment around you.

Practice Gratitude Today:



1. FIND SOMEWHERE QUIET AND GRAB A PENCIL AND PAPER.
2. TAKE A MINUTE OR FIVE TO THINK ABOUT YOURSELF. YOU CAN FOCUS ON THE GOALS YOU HAVE ACHIEVED, THE PEOPLE YOU HAVE TOUCHED, THE PROGRESS YOU HAVE MADE, THE THINGS THAT MAKE YOU THE PERSON THAT YOU ARE, ETC.
3. AFTER REFLECTING, WRITE 3 THINGS YOU APPRECIATE ABOUT YOURSELF (FEEL FREE TO WRITE MORE IF YOU CAN).
4. PLACE THE LIST SOMEWHERE VISIBLE IN YOUR ROOM OR HOUSE SO YOU CAN SEE IT DAILY.
5. REPEAT THIS EVERYDAY OR AS LONG AS YOU WANT TO. IT’S A GREAT POSITIVITY ACTIVITY!

Parent Practice Tip:

This is a great activity to do with your children or others in your household. This is also a great time to share the things you appreciate about your children and others.

To Learn More:

[The Reflection of Me](#)
[An Experiment in Gratitude](#)

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CHOOSING LOVE TODAY #33: LEARN A NEW DANCE



Nelson Mandela once said, " I learned courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but who conquers that fear." Courage is the ability to do something that frightens us.

Taking the time to learn something new can be considered a courageous act. Before learning something new, many people tend to have doubts. Our minds are plagued with thoughts and insecurities about what our performance may be, and what others might say. We might even let some of those insecurities talk us out of doing something we really want to do. Don't let that happen. Be courageous, and push away any thoughts that might stop you from trying new things. Try learning a new dance, try painting a picture, try anything that will bring you happiness and positively affect your life.

Practice Courage Today:



1. IS THERE A DANCE YOU'VE ALWAYS WANTED TO LEARN BUT NEVER TOOK THE TIME TO START? NOW'S THE TIME.
2. FIND A VIDEO OF A DANCE ROUTINE YOU'VE ALWAYS WANTED TO LEARN.
3. WATCH THE VIDEO.
4. PRACTICE AND RE-WATCH THE VIDEO AS MANY TIMES AS YOU NEED UNTIL YOU LEARN THE WHOLE DANCE.
5. AFTER PRACTICING, SHOW YOUR FAMILY AND FRIENDS YOUR NEW MOVES.

Parent Practice Tip:

Every generation has its own hit songs and dance moves. Take a couple of minutes to play one or more of your favorite oldies in the house and show your child(ren) your moves.

To Learn More:

WHAT IS COURAGE?

HAVE COURAGE AND BE FEARLESS
THE GIRL WHO DID NOT WANT TO TRY
NEW THINGS

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CHOOSING LOVE TODAY #32: START A SELF-COMPASSION JOURNAL



Rachel Joy Scott, writer and advocate for compassion, once wrote, "Compassion is the greatest form of love humans have to offer." Compassion is not only a way to show others love, but also yourself.

We can show compassion by taking the time to grow from our experiences, show kindness to ourselves in our learning, and showing the kindness back towards others. There are simple things we can do on any given day, such as sharing funny videos to make others laugh, reminding others we appreciate them, and being more mindful of the things we say. By reflecting on our lives and showing ourselves compassion, we can then share that compassion we learned with others. Today, learn from your experiences and share compassion by creating your own self-compassion journal.

Practice Compassion Today:



1. GRAB A NEW JOURNAL OR CREATE YOUR OWN JOURNAL OUT OF PAPER. DECORATE YOUR JOURNAL AND MAKE IT YOURS!
2. AT THE END OF THE DAY, WRITE DOWN A SITUATION THAT MADE YOU UPSET WITH SOMEONE ELSE OR YOURSELF IN YOUR JOURNAL. THIS ALSO INCLUDES ANY SITUATIONS THAT MAY MAKE YOU FEEL HURT.
3. WRITE DOWN HOW YOU FELT IN THE SITUATION ("THIS MADE ME FEEL REALLY FRUSTRATED." OR "THIS MADE ME FEEL SAD."). TRY TO JUST WRITE DOWN YOUR IMMEDIATE EMOTIONS FROM THE SITUATION WITHOUT JUDGEMENT.
4. WRITE DOWN HOW THIS SITUATION HAS HAPPENED PREVIOUSLY OR TO OTHERS AT SOME POINT IN TIME ("I KNOW MY FRIEND ALSO FEELS FRUSTRATED WHEN PLANS GET CHANGED UNEXPECTEDLY.")
5. LASTLY, WRITE DOWN SOME WORDS OF COMFORT TO ASSURE YOU DESERVE KINDNESS WHILE YOU LEARN HOW TO BE MORE COMPASSIONATE AND UNDERSTANDING EVERY DAY ("IT'S OKAY TO MESS UP SOMETIMES. MAYBE I CAN BE MORE PATIENT WITH MY FAMILY NEXT TIME.").

Parent Practice Tip:

Encourage your child to create their own self-compassion journal to learn from their experiences and practice using self-compassion.

To Learn More:

[Easy DIY Journal Video](#)

[More Self-Compassion Journal](#)

[Strategies and Activities](#)

[What is Compassion? \(Choose Love\)](#)

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CHOOSING LOVE TODAY #31: FORGIVE AGAIN AND AGAIN



When you forgive someone for hurting you, it doesn't mean you've forgotten the incident. Forgiving someone does not require you to forget the past. We each grow from our experiences and we never want to forget the things we've learned. Sometimes our mind will replay random incidents throughout our lives; bringing up old thoughts and feelings. When this happens, it is important to understand that you may have to go through the forgiveness process all over again.

Forgiving someone is a process. How you feel today, may not be how you feel tomorrow or next year. It is perfectly natural to be upset about the same things more than once. However, do not sit in your anger because holding on to anger consumes you and not them. Forgive the person again and again in order to restore your peace of mind.

Practice Forgiveness Today:



1. REMEMBER FORGIVING SOMEONE IS A PROCESS. YOU MIGHT NEED TO REVISIT AND FORGIVE PAST EVENTS OVER AND OVER AGAIN. WHEN YOU SUDDENLY REMEMBER SOMETHING THAT HURTS YOU, TAKE 5 DEEP BREATHS.
2. REFLECT ON THE SITUATION FROM YOUR POINT OF VIEW AND FROM THE OTHER PERSON'S POINT OF VIEW.
3. REMEMBER THE REASONS YOU FORGAVE THE PERSON IN THE FIRST PLACE.
4. THINK ABOUT WHY IT WAS IMPORTANT TO FORGIVE THEM AND HOW FORGIVING THEM POSITIVELY AFFECTED YOUR LIFE.
5. FORGIVE THEM AGAIN.

Parent Practice Tip:

Forgiveness is an important concept for children to learn. Take the time to share your own personal story of forgiveness or read a forgiveness story to your child(ren).

To Learn More:

What is Forgiveness?

HOW TO HELP YOUR KIDS UNDERSTAND FORGIVENESS

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CHOOSING LOVE TODAY #30: MAKE A GRATITUDE HEART TO CARRY AROUND WITH YOU



P. K. Hallinan's book *I'm Thankful Each Day* talks about a lot of things on Earth to be grateful for. Sometimes we can forget to find gratitude throughout our days when we're busy, stressed, and tired.

Whether it's your favorite food, getting to speak to loved ones, spending time with pets, or watching your favorite show, there are many things that can bring us joy and have us feeling grateful. Sometimes even the simplest of things can make us feel grateful. It is important to take the time to appreciate feeling gratitude in our lives.

Gratitude is defined as the feeling or expression of thankfulness and appreciation towards yourself, others, places, or things. Today, show gratitude by creating a heart origami and carrying it around with you.

Practice Gratitude Today:



1. GRAB A PIECE OF PAPER.
2. MAKE AN ORIGAMI HEART (LOOK AT THIS [LINK](#) FOR EASY STEP-BY-STEP INSTRUCTIONS)
3. KEEP YOUR GRATITUDE ORIGAMI HEART WITH YOU THROUGHOUT YOUR DAY.
4. WHENEVER YOU FEEL THE HEART IN YOUR HAND OR SEE IT, STOP AND THINK ABOUT ONE THING YOU'RE GRATEFUL FOR.
5. AT THE END OF THE DAY, REFLECT ON ALL OF THE THINGS YOU WERE GRATEFUL FOR.

Parent Practice Tip:

Make a Gratitude origami Heart with your child(ren). Remind with your child(ren) that when they feel or see the heart to think about one thing that makes them happy.

To Learn More:

READ ALOUD OF I'M THANKFUL EACH DAY! BY P.K. HALLINAN
HOW TO MAKE AN ORIGAMI HEART

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CHOOSING LOVE TODAY #29: MAKE A COURAGE CHAIN



As Walt Disney once said, "All our dreams can come true...if we have the courage to pursue them." How do we build the courage to accomplish all of our goals? We can do this by starting with something small.

Courage is defined as the ability to persist through something that scares us. We can practice courage each day! It might take courage to reach out to a friend or to share how you are feeling with another person. It might also take courage to provide an answer or ask a question in class. Another way we can show courage is by trying something new. Although we might be unsure if we will enjoy this new experience, we might miss out on something great unless we are courageous. Reminding yourself of the times in which you were successfully courageous may be beneficial the next time something scares you. You will be able to look back on all the moments you have shown courage, and may be inspired to continue adding new experiences. Today, let's begin writing these courageous moments down.

Practice Courage Today:



1. GATHER CONSTRUCTION PAPER, MARKERS OR COLORING PENCILS, AND SOME GLUE OR TAPE. CUT THE PIECE OF PAPER INTO STRIPS THAT YOU CAN WRITE ON.
2. THINK ABOUT SOME WAYS YOU HAVE SHOWN COURAGE RECENTLY. CONSIDER YOUR INTERACTIONS WITH OTHERS, AT SCHOOL, OR IF YOU HAVE TRIED SOMETHING NEW!
3. WRITE ONE IDEA DOWN PER STRIP OF PAPER.
4. GLUE OR TAPE THE FIRST STRIP INTO A LINK. ATTACH THE NEXT STRIP OF PAPER TO THE FIRST ONE AND CONTINUE WITH THIS PROCESS (REFER TO THE FIRST VIDEO LINK BELOW).
5. HANG YOUR MASTERPIECE IN YOUR ROOM AS DECORATION. EACH DAY THAT YOU SHOW COURAGE, WRITE DOWN THE EXPERIENCE AND ADD A LINK TO THE CHAIN.

Parent Practice Tip:

Assist your child in brainstorming ideas. Consider ways you have seen your child show courage that he/she may not have thought of as an act of courage.

To Learn More:

[How to Make a Paper Chain](#)

[Courage Song for Children](#)

[What is Courage? \(Choose Love Video\)](#)

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CHOOSING LOVE TODAY #28: TAKE FIVE MINUTES FOR YOURSELF



“Self-care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others.”

- Parker Palmer (author and activist)

We are in tough times right now and as always in tough times we may focus on helping others over ourselves. This is fine, in fact it's great. It's one of the reasons that humanity continues to thrive. But in the midst of all that, you may lose sight of yourself. Self care is an important part of mental health, it is the act of taking time for yourself so that you are refreshed and energized to continue serving others or achieving your goals. Sometimes it may feel selfish, like taking time for yourself means taking time away from others, especially if those others are your loved ones. But remember that self care ensures that you are mentally and physically able to help others for longer. Just like your physical health, your mental health requires continuous maintenance.

Practice Compassion Today:



1. THINK ABOUT SOMETHING OR THINGS THAT YOU ENJOY BUT HAVE NOT HAD THE TIME TO DO RECENTLY LIKE FINISHING A PUZZLE, PAINTING, READING, WATCHING A SPECIFIC SHOW OR JUST TAKING A NAP.
2. MAKE A LIST OF THESE ACTIVITIES.
3. SCHEDULE REGULAR DAILY OR WEEKLY BREAKS FOR YOURSELF, WHETHER THEY'RE FIVE MINUTES OR A FULL HOUR.
4. DURING YOUR SCHEDULED BREAKS START DOING THE ACTIVITIES THAT YOU'VE LISTED.
5. START RIGHT NOW, FIND TIME TO TAKE A BREAK TODAY, WRITE THAT LIST AND START TAKING TIME FOR YOURSELF.

Parent Practice Tip:

The art of knowing when and how to take a break is a great skill to pass down to your children. Think about helping them to create a break schedule as well and talking to them about the importance of taking time for self care.

To Learn More:

A Guide To Self Care
Self Care Tips

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CHOOSING LOVE TODAY #27: DON'T GO TO SLEEP ANGRY



“For every minute you remain angry, you give up sixty seconds of peace,” said Ralph Waldo Emerson, an American poet and philosopher. It can be easy to keep your anger to yourself and bottle it up inside. Being able to take the time to calm down the anger and feel relaxed will help us maintain the ability to have forgiveness.

Everyone feels angry from time to time. Frustration and resentment is ok to experience as long as we learn how to handle this emotion. Going to sleep angry or holding onto resentment drains us of our happiness. This can change our mood, our relationships, and even our health. Going to sleep angry can have you waking up feeling tired and just as frustrated as you were yesterday. When we make the choice to let go of our anger, we are actively creating more mental space for positive emotions such as love. Make it a daily mission to let go of your negative emotions before you sleep and replace them with focusing on calming exercises.

Practice Forgiveness Today:



1. GO TO A PLACE IN YOUR HOME WHERE YOU WILL BE ABLE TO HAVE SOME QUIET TIME.
2. WHEN YOU FEEL YOUR ANGER HAS STAYED WITH YOU THROUGH MOST OF YOUR DAY, BLOCK OUT AT LEAST 5 MINUTES TO SPEND ON CALMING EXERCISES.
3. FOLLOW A GUIDE THROUGH MINDFULNESS OR PROGRESSIVE MUSCLE RELAXATION TO GET TO A PLACE OF CALMNESS.
4. CLOSE YOUR EYES AND FOCUS ON PRACTICING CALM BREATHING OR MUSCLE RELAXATION MOVEMENTS.
5. REPEAT YOUR CALMING EXERCISES AS NEEDED TO REACH A STATE OF CALMNESS AND THE ABILITY TO REACH FORGIVENESS BEFORE BED.

Parent Practice Tip:

Find guided calming exercises or read through a script for you and your family. Discuss with your child(ren) how it feels to go to bed calm instead of angry.

To Learn More:

Progressive Muscle Relaxation
How Mindfulness Helps!

Edutopia's Guide for Mindfulness in Class

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CHOOSING LOVE TODAY #26:

THINK OF 5 THINGS YOU TAKE FOR GRANTED BUT ACTUALLY VALUE



Ziad Abdelnour once said, "Learn to appreciate what you have, before time makes you appreciate what you had." Nothing lasts forever, so it is important for us to appreciate the things we have while we have them.

People tend to want what they don't have. We wish for more; more money, more clothes, more shoes, etc. and there is nothing wrong with that. Everyone should want more for themselves, whether it be gaining materialistic items or achieving a personal goal. Putting effort into obtaining something is commendable, however, endlessly craving new things blinds us from seeing what we already possess.

It's easy for us to take the small day-to-day things we have for granted. People sometimes forget that just waking up in the morning is already a priceless gift. There are people in the world who do not have access to clean water, access to daily meals, or access to stable shelter. Having that stability; knowing that you have food, you have water and you have shelter should be something to celebrate. Take the time to appreciate and cherish the simple but important things.

Practice Gratitude Today:



1. GRAB A PIECE OF PAPER AND A PENCIL OR MARKER.
2. THINK ABOUT FIVE THINGS IN YOUR EVERYDAY LIFE THAT YOU VALUE BUT TAKE FOR GRANTED.
3. WRITE THEM DOWN AND INCLUDE WHY YOU VALUE EACH THING.
4. TAKE A MOMENT TO APPRECIATE THE THINGS INCLUDED ON YOUR LIST.
5. USE A PHONE TO TAKE A PICTURE OF THE LIST, SO EVEN IF YOU LOSE THE PAPER YOU STILL HAVE A REFERENCE FOR THE FUTURE.

Parent Practice Tip:

Take at least 5 minutes to appreciate what you have. It's easy for us to focus on what we want instead of what we already possess. Remember to treasure the things you already have in your life.

To Learn More:

WHAT IS GRATITUDE?

Kids President's 25 Reasons To Be Thankful

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CHOOSING LOVE TODAY #25: TRY SOMETHING NEW



Mr. Thomas was feeling blue. He was staying home in his nest atop the highest tree in the garden and practicing social distancing as he should but being cooped up was hard for the hummingbird who was used to exploring the garden daily. Then Mr. Thomas realised something, this time at home could be an opportunity!

He digs in the back of his nest and with one big pull, extracts a pair of knitting needles. He'd received them for his birthday three months ago but had never used them because he didn't know how to knit. Mr. Thomas pulls out a ball of yarn as well as a book of instructions and begins learning how to knit. Though he wasn't able to go outside he was still able to learn something new and who knows, by the end of the month maybe he'd have a blanket to gift to Ms. Alicia the rabbit for her birthday!

Practice Courage Today:



1. IS THERE SOMETHING THAT YOU'VE ALWAYS WANTED TO LEARN BUT NEVER TOOK THE TIME TO START?
2. THINK OF SOMETHING THAT YOU CAN DO OR LEARN HOW TO DO, LIKE COOKING, OR BAKING, OR MAYBE PLAYING AN INSTRUMENT?
3. WITH THIS ACTIVITY IN MIND SEARCH THROUGH YOUTUBE OR THROUGH GOOGLE FOR INSTRUCTIONS ON HOW-TOS OR CONNECT WITH A FRIEND OR FAMILY MEMBER WHO HAS SOME EXPERIENCE IN IT.
4. TAKE A LITTLE TIME EACH DAY TO LEARN MORE ABOUT THIS ACTIVITY OR TO ACTUALLY DO IT.

Parent Practice Tip:

Try doing something new with your kids each day or a couple times a week. This doesn't have to be anything extravagant, it can be as simple as making a pillow fort or trying a new show.

To Learn More:

WHAT IS COURAGE?

HAVE COURAGE AND BE FEARLESS

20 FUN ACTIVITIES

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CHOOSING LOVE TODAY #24: WRITE YOURSELF A KIND LETTER



Jack Kornfield, a best-selling American author once said, "If your compassion does not include yourself, it is incomplete." While practicing compassion towards others is important to spreading positivity and love, it is also important to spend some time showing love towards ourselves. This is known as self-compassion. Practicing self-compassion can have benefits to our mental health and well-being.

There are many ways to show yourself compassion every day! It can be anywhere from smiling at yourself in the mirror to spending time doing something you enjoy (drawing, dancing, going on an adventure, etc.). The more we show ourselves compassion, the easier it is to express this towards others. We can do this by asking how a friend is doing, offering a hug to a loved one, giving someone a compliment, or anything that helps put a smile on their face. Today, let's practice self-compassion by writing yourself a kind note to encourage your own happiness.

Practice Compassion Today:



1. FIND A PIECE OF PAPER AND PENCIL.
2. WRITE A LETTER ADDRESSED TO YOURSELF! BE SURE TO INCLUDE THINGS THAT YOU LOVE ABOUT YOURSELF. FOR EXAMPLE, "I LOVE THE WAY I CAN MAKE MY FAMILY LAUGH" OR "I REALLY LIKE THE WAY I SING."
3. READ YOUR LETTER ALOUD TO YOURSELF. IT FEELS GOOD TO HEAR OURSELVES SAY THESE KIND WORDS.
4. STORE THIS LETTER IN A SAFE PLACE TO LOOK BACK AT WHEN YOU'RE FEELING DOWN OR NEED TO BE REMINDED ABOUT ALL THE GREAT THINGS THAT MAKE YOU, YOU!

Parent Practice Tip:

You can write a letter to yourself alongside your child! Ask your child how it makes them feel to write these kind words about themselves.

To Learn More:

A Children's Story about Kindness and Self-Compassion

Compassion-In-Action (Choose Love)

Compassion Puzzle for Two

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CHOOSING LOVE TODAY #23: REWIND AND RE-DO



Maya Angelou once said, "You can't forgive without loving. And I don't mean sentimentality. I don't mean mush. I mean having enough courage to stand up and say, 'I forgive. I'm finished with it.'"

When we hurt ourselves or someone else, it can be difficult to own up to the situation. We might feel guilty, hurt, mad, sad, or confused about the situation. Taking sometime to come to terms with a situation, understand what happened, and how things could have played out differently can change your perspective. This will be different for everyone. Snapping at someone or beating yourself up for not meeting a deadline are examples of things you might seek forgiveness for.

These instances do not define us or our typical behaviors. During this time, some individuals are struggling with accepting the situation, how they are coping, or how their actions are impacting others. By taking some time to be accountable for a situation it can lead to forgiveness and relief. Everyone deserves to feel like they have the power of forgiveness.

Practice Forgiveness Today:



1. GRAB A JOURNAL OR PAPER AND YOUR FAVORITE WRITING UTENSIL, OR A DIGITAL PLATFORM.
2. THINK ABOUT A SITUATION IN WHICH YOU WERE HARD ON YOURSELF OR SOMEONE ELSE.
3. IT DOESN'T HAVE TO BE A BIG INCIDENT, IT COULD BE AS SIMPLE AS USING A HARSH TONE WITH SOMEONE ELSE OR GETTING DOWN ON YOURSELF FOR FORGETTING SOMETHING AT THE STORE.
4. WRITE DOWN THE SITUATION, NOW CROSS OUT WHAT THE END RESULT WAS, AND REPLACE IT WITH A NEW ENDING, WHAT YOU WISHED HAD HAPPENED, OR SOMETHING YOU CAN PRESENTLY DO TO CHANGE THE SITUATION. (EX. TELL YOURSELF IT'S OKAY EVERYONE MAKES MISTAKES)
5. CONSIDER PRACTICING YOUR "NEW ENDING" EITHER WITH YOURSELF OR SOMEONE ELSE.

Parent Practice Tip:

Talk with your children about forgiveness. When explaining forgiveness consider asking your child to take someone else's perspective by having them try on a pair of shoes that's not their size. Have them reflect on the discomfort and make parallels towards how their feelings and thoughts are different the same way people wear different sized shoes. This is playing off the idea of "putting yourself in someone else's shoes."

To Learn More:

[What is Forgiveness?](#)
[Forgiveness Calendar](#)
[Forgiveness Poster](#)

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CHOOSING LOVE TODAY #22: SHOW 3 THINGS THAT BRING YOU JOY



When Toni Morrison was a teacher, she told her students, "When you get these jobs that you have been so brilliantly trained for, just remember that your real job is that if you are free, you need to free somebody else. If you have some power, then your job is to empower somebody else." Empowering the world around you by showing gratitude can be expressed in a lot of ways.

Whether it's essential workers, your pets, or your home garden, there are many things that can bring us joy and have us feeling grateful. There's been a lot of research that shows that even expressing gratitude with different actions, such as saying thank you and helping others, can bring positive emotions (Sheldon & Lyubomirsky, 2006). It is important to take the time to show gratitude.

Gratitude is defined as the feeling or expression of thankfulness and appreciation towards yourself, others, places, or things. We can show gratitude by providing thankful messages and smiles to others. Today, show gratitude by taking a picture or creating a video talking about three things that bring you joy and gratitude.

Practice Gratitude Today:



1. GRAB A PIECE OF PAPER AND A PENCIL OR MARKER. ALSO, GRAB YOUR PHONE OR A CAMERA.
2. THINK ABOUT THREE THINGS THAT BRING YOU JOY AND THAT YOU APPRECIATE, INCLUDING PEOPLE AND DIFFERENT THINGS IN YOUR ENVIRONMENT.
3. WRITE DOWN WHY THEY BRING YOU JOY AND WHAT YOU APPRECIATE ABOUT THEM. YOU CAN EVEN LIST THEM!
4. TAKE A PICTURE OF YOUR LIST OR DO A VIDEO TALKING ABOUT WHAT BRINGS YOU JOY! INCLUDE DRAWINGS OR PICTURES OF THE THINGS YOU'RE GRATEFUL FOR. BE CREATIVE!
5. SEND THE PICTURE OR VIDEO TO THE PEOPLE YOU TALKED ABOUT AND/OR SHARE THE THINGS YOU'RE GRATEFUL FOR. WHETHER IT'S YOUR GARDEN OR YOUR BEST FRIEND, SHARING GRATITUDE WILL MAKE YOU AND OTHERS FEEL HAPPIER.

Parent Practice Tip:

Discuss with your child(ren) about the things that make you happy and what you are grateful for. Explain to them that talking about things that we are grateful for can make us feel happy.

To Learn More:

WHAT IS GRATITUDE?

GRETA THUNBERG'S GRATITUDE FOR EARTH

HOW SHOWING GRATITUDE BRINGS HAPPINESS

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CHOOSING LOVE TODAY #21: BE A SUPERHERO



"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness.

That most frightens us. We ask ourselves
Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be?"

- "Our Deepest Fear" a poem by Marianne Williamson

Being courageous involves having the mental and moral strength to venture, persevere, or withstand fear or difficulty. Everyone has the ability to be courageous, you only have to make the choice to use the courage that lies within you. We are "powerful beyond measure." Remembering you have the potential to do great things will empower you to persevere through difficult situations and face your fears. Do not be afraid of the power within you. Own it! Use it!

Practice Courage Today:



1. GRAB A PIECE OF PAPER AND PENCIL.
2. LIST THE NAMES OF SEVERAL SUPERHEROES YOU KNOW OF.
3. THINK AND REFLECT ON HOW EACH SUPERHERO SHOWS COURAGE, WHETHER IT BE ON THE INSIDE (THOUGHTS/FEELINGS) OR THE OUTSIDE (ACTIONS).
4. NEXT, THINK OF WAYS YOU CAN BE A SUPERHERO IN YOUR HOME, CLASSROOM, NEIGHBORHOOD OR ETC.
5. WRITE A LIST OF COURAGEOUS ACTIONS YOU PLAN TO DO IN THE FUTURE.

Parent Practice Tip:

Superheroes aren't just in comic books. Parents are the superheroes in their children's lives. The time and love you share with them is important, so today spend whatever time you can with your child(ren).

To Learn More:

What is Courage?

Akeelah and the Bee - Our Deepest Fear

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CHOOSING LOVE TODAY #20: HIDE NOTES OF POSITIVE AFFIRMATION



What are positive affirmations? Positive affirmations are sayings that state what a person wants to become or what a person wants their situation to become.

Positive affirmations are a way of reprogramming your brain so that it is focused on a goal or on the positives in your life instead of the negatives or obstacles in your way. Many successful people like Oprah Winfrey, Jim Carrey, and Denzel Washington are believers in the power of affirmations. These short statements are also a way of practicing compassion towards yourself and others.

Compassion is when one understands how a person feels and takes steps to alleviate their suffering. Using positive affirmations is a way of acknowledging your own emotions and alleviating it through positive statements meant to help you overcome obstacles.

Practice Compassion Today:



1. GRAB SOME POST-ITS AND A PEN.
2. RESEARCH OR CREATE POSITIVE AFFIRMATIONS E.G. 'I AM LOVED' OR 'I AM BRAVE'.
3. WRITE THESE DIFFERENT POSITIVE AFFIRMATIONS ON EACH POST-IT.
4. WALK AROUND YOUR HOME AND HIDE THESE NOTES IN DIFFERENT PLACES FOR YOU OR OTHERS TO FIND.
5. WAIT FOR THE POSITIVITY TO SPREAD AS OTHERS DISCOVER OR YOU RE-DISCOVER THESE AFFIRMATIONS.

Parent Practice Tip:

Affirmations are an easy way to bring positivity to your lives and can be written or spoken. Beginning your day with a simple affirmation like 'I will achieve another step towards my goals' can help start your day on the right foot.

To Learn More:

WHAT IS COMPASSION?

POSITIVE AFFIRMATIONS FOR KIDS

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CHOOSING LOVE TODAY #19: PRACTICE EMPATHY



Ernest Hemingway, an American writer, once said, “When people talk, listen completely.” Sometimes looking at a situation from someone else’s perspective can be difficult when you feel frustrated. Maybe you don’t really understand what the other person is going through. Being able to hear the other person out completely is the first step to practicing empathy and reaching forgiveness.

Being in a constant state of holding onto resentment drains us of our happiness. This can change our mood, our relationships, and even our health. When we make the choice to focus on empathy, we are actively creating more mental space for positive emotions such as love. Empathy is the ability to understand and share feelings with others. Make it a daily mission to look at situations from the other person’s perspective, completely listening, and developing empathy.

Practice Forgiveness Today:



1. WHEN YOU ARE FRUSTRATED WITH SOMEONE OR FEELING RESENTMENT TOWARDS THEM, TAKE THREE DEEP BREATHS.
2. BEFORE TALKING TO THE PERSON AGAIN, THINK ABOUT THE SITUATION FROM THEIR POINT OF VIEW. TRY TO UNDERSTAND AND SHARE THEIR FEELINGS.
3. ASK TO SPEAK TO THE PERSON BECAUSE YOU WANT TO HEAR THEIR POINT OF VIEW.
4. LET THEM TALK THROUGH THEIR POINT OF VIEW WITHOUT INTERRUPTING AND KEEPING IN MIND THAT YOU ARE BEING OPEN TO FULLY LISTENING AND HEARING THEM OUT.
5. AFTER THIS PERSON DISCLOSES THEIR POINT OF VIEW AND FEELINGS, SAY AN EMPATHETIC STATEMENT SUCH AS, “I’M SO GLAD YOU TOLD ME” OR “THANK YOU FOR SHARING THAT WITH ME.” THIS CAN OPEN THE CONVERSATION UP AND MAKE IT EASIER FOR YOU BOTH TO FEEL COMFORTABLE TO SHARE IN THE FUTURE.

Parent Practice Tip:

Practice being empathetic with your child(ren) by listening to their point of view, waiting for them to finish, and saying, “Thank you for sharing that with me.” This will show your child(ren) how they can show empathy.

To Learn More:

[Empathy with Sesame Street and Mark Ruffalo](#)
[Students Explain “What is Empathy?”](#)
[“Empathy Explained by Brené Brown](#)

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CHOOSING LOVE TODAY #18: GRATITUDE GARDEN



Michelle Obama once said, “We learned about gratitude and humility - that so many people had a hand in our success, from the teachers who inspired us to the janitors who kept our school clean... and we were taught to value everyone's contribution and treat everyone with respect.” In other words, it is not just one person, place, or thing that culminates into our successes, happiness, and joy. There are many factors that contribute to our smiles, celebrations, and victories; all of which we can express gratitude towards.

Gratitude can be defined as the feeling of appreciation and desire to return the kindness displayed by someone. We may feel gratitude towards ourselves, places, groups of people, or an individual person. No matter, who, what or where this gratitude is aimed, it is important to bask in it. In order to reminisce and find ways to appreciate yourself and others, make a gratitude garden.

Practice Gratitude Today:



1. GRAB SOME POST-ITS OR CONSTRUCTION PAPER, SOMETHING TO WRITE WITH, AND ANY OTHER CRAFT SUPPLIES YOU MAY LIKE TO USE.
2. THINK ABOUT DIFFERENT PEOPLE, PLACES, OR THINGS YOU ARE GRATEFUL TO OR FOR.
3. WRITE THEM DOWN ON A SEPARATE SHEET OF PAPER.
4. YOU CAN MAKE SMALL FLOWERS OUT OF PAPER AND WRITE YOUR GRATITUDE NOTES IN THE CENTER OR YOU CAN MAKE IT MORE LIKE AN INSPIRATION BOARD AND PUT IT ON POST-ITS.
5. ARRANGE YOUR POST-ITS OR FLOWERS ON A PAPER OF YOUR CHOOSING AND TAKE A MOMENT TO ADMIRE YOUR BLOSSOMING GRATITUDE GARDEN. ADD AS NEEDED!

Parent Practice Tip:

In these challenging times, it may be difficult to focus on things you feel grateful for when there is much you might be missing. When you wake up in the morning, if it's too difficult to think of something you are presently grateful for, identify something from the past and the future that you feel grateful for. It will give you an uplifting way to start your busy day!

To Learn More:

WHAT IS GRATITUDE?

Self-Care with Scarlett Lewis:

Gratitude (with Mia Daley)

Blog about Choose Love: Gratitude

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CHOOSING LOVE TODAY #17: TELL SOMEONE YOU LOVE THEM



Mark Twain once said, "Courage is resistance to fear, mastery of fear, not absence of fear." In saying this, he meant that it is okay to be afraid sometimes, but we can choose to take charge of our fears by being courageous.

Courage is defined as the ability to do something that we find scary. We can show courage in our everyday lives by trying to make new friends, participating in class, saying what is on our minds, or apologizing when we have done something wrong. It also takes courage to tell someone you love them. Although it may be scary at first, it is so crucial that we remind those we care about how important they are to us. Especially during a time of social distancing, these words to the person you love may be extremely valuable and appreciated. Take a few minutes today to show courage by telling someone you love them.

Practice Courage Today:



1. THINK ABOUT SOMEONE YOU LOVE.
2. IF THE PERSON LIVES WITH YOU, GO UP TO THEM AND LET THEM KNOW THAT YOU LOVE THEM.
3. IF THE PERSON DOES NOT LIVE WITH YOU, GIVE THEM A CALL OR SEND THEM A MESSAGE TO TELL THEM HOW YOU FEEL.
4. IF YOU FEEL INSPIRED TO, TELL THEM A FEW REASONS WHY YOU LOVE THEM. THIS MAY TAKE EVEN MORE COURAGE, BUT MAY MAKE THEM FEEL EXTRA SPECIAL!

Parent Practice Tip:

Remind your child how much you love them and spend some time thinking of something special to do together to show them how much they mean to you.

To Learn More:

[What is Courage?](#)

[Video to Inspire Courage](#)

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CHOOSING LOVE TODAY #16: GIVE A (VIRTUAL) HUG



Mr. Thomas was a hummingbird who often flitted about, spreading happiness and smiles to his other friends, Ms. Alicia the rabbit, Mr. Jeff the cat and Mr. Matthew the mouse. But something was wrong. His friends noticed it right away. Instead of flying about the garden as he usually did, he was perched high atop one of the fruit trees, his usually energetic wings still and hanging at his sides.

"We need to do something," said Ms. Alicia to Mr. Jeff and Mr. Matthew. "Something awful must have happened to make him this sad." The others agreed but they had no idea how to cheer up Mr. Thomas. Honestly, he'd always been the one cheering them up!

But then Ms. Alicia remembered something that Mr. Thomas had done when she'd been sad a couple of weeks ago. She goes to stand underneath the fruit tree and calls Mr. Thomas down. He slowly makes his way down from the treetop and comes to a landing in front of the rabbit. Ms. Alicia doesn't ask him what's wrong or even say a word. She just leans forward and wraps her soft arms around the small bird. When she pulls away, Mr. Thomas' wings flutter bringing him up and at eye level with the rabbit; the twinkle that had disappeared now back in his eye.

"Thank you, Ms. Alicia."

Ms. Alicia practiced compassion by giving Mr. Thomas a hug when he was feeling upset. Let's show compassion in a similar way today!

Practice Compassion Today:



1. TAKE A MOMENT TO THINK ABOUT SOMEONE THAT MAY BE GOING THROUGH A ROUGH TIME NOW.
2. IF THAT PERSON LIVES IN YOUR HOUSEHOLD THEN GO GIVE THEM A HUG!
3. IF THAT PERSON DOES NOT LIVE IN YOUR HOUSEHOLD THEN SEND THEM A VIRTUAL HUG BY TAKING A PICTURE OF YOURSELF WITH YOUR ARMS OUTSTRETCHED IN THE UNIVERSAL 'HUG' POSE.
4. SEND THE PICTURE TO THE PERSON WITH THE MESSAGE #VIRTUALHUG.
5. DON'T PUSH THEM TO RETURN YOUR VIRTUAL HUG. THEY MAY NOT BE IN THE RIGHT HEADSPACE AT THAT TIME, BUT APPRECIATE ANY REPLY THAT YOU MAY RECEIVE.

Parent Practice Tip:

Take a few minutes out of your day to reach out to friends and family especially affected by the current events and send a quick 'hi' or 'I'm thinking about you.' You can even include your children in this!

To Learn More:

What is Compassion?
WHERE DOES COMPASSION COME FROM?

www.ChooseLoveToThrive.org

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CHOOSING LOVE TODAY #15: CREATE A RELAXING PLACE



Martin Luther King, Jr. once said, "We must develop and maintain the capacity to forgive." Developing the ability to forgive can be difficult, especially when you get frustrated or angry and don't know how to calm down. Having the strategies and tools to be able to calm down the anger and feel relaxed will help us maintain the ability to have forgiveness.

Everyone feels angry from time to time. Frustration and resentment is ok to experience as long as we learn how to handle this emotion. Being in a constant state of anger or holding onto resentment drains us of our happiness. This can change our mood, our relationships, and even our health. When we make the choice to let go of our resentment, we are actively creating more mental space for positive emotions such as love. Letting go of our negative emotions restores our positive energy and allows us to create happy memories. Make it a daily mission to let go of your negative emotions and move positively forward.

Practice Forgiveness Today:



1. FIND A PLACE IN YOUR HOME THAT YOU FEEL THE MOST RELAXED.
2. ADD ITEMS TO YOUR RELAXING PLACE THAT WILL HELP YOU RELAX, SUCH AS YOUR FAVORITE PILLOW OR A PICTURE OF YOUR FAVORITE PLACE.
3. WHEN YOU FEEL YOUR FRUSTRATION AND ANGER GETTING OUT OF CONTROL, TAKE THREE DEEP BREATHS AND GO TO YOUR RELAXING PLACE. THINK OF LETTING GO OF YOUR FRUSTRATION AND REPLACE IT WITH SOMETHING THAT HELPS YOU FEEL GRATEFUL.
4. START A TIMER FOR 5 MINUTES OR HOWEVER LONG YOU NEED TO GET TO A PLACE OF CALMNESS.
5. CLOSE YOUR EYES AND LET YOURSELF ENJOY YOUR RELAXING PLACE.

Parent Practice Tip:

Make your Relaxing Place in an area with the least amount of distractions. It's okay to have loved ones, including pets, join if they want to practice forgiveness and relaxing with you!

To Learn More:

Calm Books Read by Emily Arrow
Under "More Great Resources": Virtual
Trips and Tours!
Live Relaxing Music

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CHOOSING LOVE TODAY #14: APPRECIATE YOURSELF



As Mufasa, from The Lion King, once said, “Remember who you are.” At times many of us are so wrapped up in our mistakes and flaws that we forget to appreciate ourselves. We should never forget how truly amazing we are.

“I am strong! I am creative! I am caring!” Self affirmation is not a waste of time. It is important to appreciate the things you love about yourself. Although it may seem bizarre, reminding yourself about the amazing qualities you possess is highly beneficial for your mental health. Positive affirmations can help you cope with stress, improve your mood, and serve as motivation. You are more than your flaws, so take the time to reflect on your other qualities.

Practice Gratitude Today:



1. GRAB THREE STICKY NOTES AND A PENCIL/PEN.
2. THINK ABOUT THREE THINGS YOU LOVE ABOUT YOURSELF.
3. WRITE EACH APPRECIATION DOWN ON ITS OWN STICKY NOTE.
4. PLACE THE STICKY NOTES ON YOUR WALL, MIRROR, OR ANY OTHER VISIBLE SURFACE.
5. READ EACH STICKY NOTE OUT LOUD THREE TIMES.

Parent Practice Tip:

You’ve come a long way. Take at least 5 minutes a day to appreciate some of your past accomplishments.

To Learn More:

WHAT IS GRATITUDE?

Positive Affirmation for Kids

Henry & Leslie (Self-Love)

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Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #13: DRAW YOURSELF AS A SUPERHERO



As Superman once said, "There is a superhero in all of us. We just need the courage to put on the cape."

Each day we come across situations that take courage. Courage is defined as the willingness and ability to work through obstacles despite feelings of embarrassment, fear, reluctance, or uncertainty. You can be courageous by trying something new or taking strides towards reaching your goals. Although these things may seem scary at first, practicing courage will help you overcome the fear and feel good about the actions you choose. By acting courageous, we are pushed to be the best version of ourselves, all the while inspiring others to do the same. So today, show your courage by putting on a cape, and drawing yourself as a superhero!

Practice Courage Today:



1. GRAB A PIECE OF PAPER AND A PENCIL OR MARKERS.
2. DRAW YOURSELF AS A SUPERHERO! BE SURE TO INCLUDE YOUR FAVORITE COLORS AND ADD AS MANY SUPERHERO DETAILS AS YOU WOULD LIKE.
3. AROUND YOUR DRAWING, WRITE DOWN MESSAGES THAT ENCOURAGE YOU TO SHOW COURAGE, SUCH AS "I CAN ACCOMPLISH ANYTHING I PUT MY MIND TO" OR "I BELIEVE IN MYSELF."
4. HANG THE DRAWING ON YOUR WALL NEAR YOUR BED TO REMIND YOURSELF EACH MORNING THAT YOU CAN BE A COURAGEOUS SUPERHERO EVERY DAY.

Parent Practice Tip:

Draw yourself as a superhero, too! Discuss with your child how it makes you feel to act courageous and tell them one courageous action you took recently and see if they can come up with their own.

To Learn More:

FOR THE HEROES
WHAT IS COURAGE?
SUPERHERO DANCE

www.ChooseLoveToThrive.org

ChooSELoveToThrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #12: WRITE SOMEONE A LETTER OF ENCOURAGEMENT



Maya Angelou once wrote, "People will forget what you said, people will forget what you did, but people will never forget how you made them feel." This sentiment expresses just how important our words and actions are. A small phrase or reminder of someone's strengths can motivate them into actions and make them feel valued and cared for.

Compassion in action, is anything we do to show care or concern for other individuals. While to us this action may seem simple or brief it can have a tremendous impact on someone's day. Especially during this time, everyone could use a little kindness and boost to their day. Be someone's cheerleader, give them that stepping stool to their motivation, get them pumped to face the day. No matter how big or small, your gesture can make an impact. You can give this boost to anyone or as many people as you would like. You might just feel like a superhero yourself!

Practice Compassion Today:



1. GRAB PAPER, WRITING UTENSILS, AN ENVELOPE, OR AN ELECTRONIC DEVICE.
2. THINK ABOUT A PERSON (THEY CAN BE IN YOUR OWN HOME) THAT COULD BENEFIT FROM A HUG OR PAT ON THE SHOULDER IN WORD FORM!
3. BEGIN WRITING A LETTER TO THAT PERSON HIGHLIGHTING HOW HARD THEY'VE BEEN WORKING TO ACHIEVE THEIR GOALS AND AMBITIONS.
4. THINK ABOUT THE EFFORT THEY'VE PUT TOWARDS THESE GOALS AND ENCOURAGE THEM. REMIND THEM OF THEIR ABILITIES, A SIMPLE "I KNOW YOU CAN DO IT!" IS MORE POWERFUL THAN YOU THINK.
5. SIGN YOUR LETTER OR LEAVE IT ANONYMOUS IF YOU WISH. FEEL FREE TO EMBELLISH WITH STATIONARY OR OTHER MATERIALS OR ELECTRONIC PIZAZZ AND SEND IT.

Parent Practice Tip:

Consider writing a letter of encouragement to your own child, or another parent. While you may be spending much of your time together, you may notice your own child becoming anxious, or withdrawn. Consider mailing the letter and addressing it to them to add to the magic!

To Learn More:

What is Compassion in Action?
Compassion in Action Poster
"The Compassionate Achiever"

www.ChooSELoveToThrive.org

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Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #11: WRITE A FORGIVENESS LETTER TO SOMEONE WHO HURT YOU



As Tyler Perry once said, "It's not an easy journey, to get to a place where you forgive people. But it is such a powerful place, because it frees you."

Forgiveness means choosing to let go of anger and resentment towards yourself or someone else, to surrender thoughts of revenge and to move forward with your personal power intact. But, while forgiveness is a powerful way to regain peace in your life, it is also a process. You may not be at the point in this process where you can say that you forgive the person who hurt you, but as Tyler Perry said, it's a journey. You will get there eventually. One way to help you along is to write a forgiveness letter.

Practice Forgiveness Today:



1. THINK ABOUT SOMEONE WHO HAS HURT YOU RECENTLY.
2. TAKE DEEP BREATHS WHILE YOU ACKNOWLEDGE THE PAIN THEY CAUSED YOU.
3. HAVE YOU FORGIVEN THEM? IF NOT THAT'S OKAY, FORGIVENESS IS A PROCESS. IF YES, THEN GRAB A PIECE OF PAPER AND A PENCIL AND WRITE THEM A LETTER.
4. USE THIS LETTER TO EXPRESS THE HURT THAT THEY CAUSED YOU AS WELL AS YOUR DECISION TO LET IT GO.
5. KEEP THE LETTER, DESTROY IT, OR SEND IT. THE CHOICE IS YOURS.

Parent Practice Tip:

It's easy to become frustrated during this time, especially with those around you. The longer we spend in confined spaces, the more irritable we will become. Remember to practice forgiveness with those around you.

To Learn More:

[How to Forgive](#)
[What is forgiveness?](#)

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Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #10: CREATE A THANK YOU SIGN



Mr. Rogers, an American icon who is known for his ability to bring positivity to others, once said “When I was a boy and I would see scary things in the news, my mother would say to me, “Look for the helpers. You will always find people who are helping.’ ”

While many of us stay safe in our homes, those who are considered “essential workers” continue working to help others. Doctors, nurses, and other medical personnel risk their lives each day to help those who are ill. Postal workers continue to deliver packages and grocery store employees work hard to restock our shelves to provide us with necessities. These are some of the helpers who Mr. Rogers refers to in his quote. It is important to take the time to show them gratitude.

Gratitude is defined as the feeling or expression of thankfulness and appreciation towards yourself, others, places, or things. We can show gratitude by providing thankful messages and smiles to others. Today, show gratitude by creating a window sign for those essential workers who pass by your home on their way to work.

Practice Gratitude Today:



1. GRAB A PIECE OF PAPER OR ANOTHER MATERIAL AROUND YOUR HOUSE THAT CAN BE USED TO CREATE A SIGN, AS WELL AS A PENCIL OR MARKERS.
2. THINK ABOUT THE PEOPLE WHO PUT THEMSELVES AT RISK OF GETTING SICK TO GO TO WORK EACH DAY AND HELP OTHERS DURING THIS TIME.
3. WRITE “THANK YOU, ESSENTIAL WORKERS!” OR ANOTHER PHRASE TO SHOW YOUR GRATITUDE.
4. ADD COLORS AND DRAWINGS TO YOUR SIGN. BE CREATIVE AND HAVE FUN WITH IT!
5. PLACE THE SIGN IN A WINDOW SO OTHERS CAN SEE IT AS THEY PASS YOUR HOME. POST IT ON SOCIAL MEDIA WITH THE HASHTAG #CHOOSELOVESELFIE.

Parent Practice Tip:

Take a few minutes to discuss with your child who is considered an “essential worker.” Share three reasons why you are grateful for essential workers.

To Learn More:

WHAT IS GRATITUDE?

GRATITUDE CRAFT

TALKING ABOUT GRATITUDE WITH KIDS

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Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #9: MAKE A COURAGE WALL



Although Cyndi Lauper sang about how “it’s hard to take courage in a world full of people”, she also encourages us that our true colors are beautiful. We shouldn’t be afraid to show our true selves and all the great things we do.

So much of what we do every day takes courage. Making the choice to tell yourself positive things about yourself takes courage. Courage is defined as the willingness and ability to work through obstacles despite feelings of embarrassment, fear, reluctance, or uncertainty. When you make choices to help yourself feel better, even though they may be difficult for you, you’re practicing courage.

Everyday acts of courage can help you overcome situations like taking the time to be kind to yourself, shutting off potential news or social media that make you feel bad about yourself, or stating an unpopular opinion in challenging times. There are opportunities to be courageous every day and practicing courage can have tremendous benefits for yourself and others.

Practice Courage Today:



1. WRITE DOWN THINGS ON A STICKY NOTE OR PIECE OF PAPER THAT YOU LIKE ABOUT YOURSELF, SUCH AS “I’M GOOD AT DRAWING” OR “I CAN MAKE MY FRIENDS SMILE”. EVEN A SIMPLE “I’M GREAT AT BEING ME” IS A FANTASTIC START. DESCRIBE YOUR THOUGHTS OR HOW YOUR BODY FEELS.
2. PLACE YOUR POSITIVE COURAGE STICKY NOTES OR TAPE YOUR POSITIVE COURAGE NOTES ONTO A MIRROR.
3. READ EACH COURAGE NOTE OUT LOUD TO YOURSELF. LET YOURSELF FEEL GOOD!
4. TELL A FRIEND OR A FAMILY MEMBER HOW YOUR COURAGE WALL HAS MADE YOU FEEL. ENCOURAGE THEM TO MAKE THEIR OWN COURAGE WALL!

Parent Practice Tip:

Show your children your own courage wall and how it makes you feel. Encourage them to make their own courage wall and read out their positive notes with them.

To Learn More:

“True Colors” by Cyndi Lauper
Inspiration for Courage Wall

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Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #8: REACH OUT TO A FRIEND



When we are compassionate, we are deliberately showing how much we care about an individual. Our level of compassion communicates their importance to us, whether they are a friend, family member, or stranger. Giving a friendly smile can be just the thing a person needs to brighten up their day.

Compassion can be displayed in various ways. You can practice compassion by giving someone a hug, asking them about their day, or by simply making them laugh. Many compassionate acts may seem minor to the one delivering them, but for the receiver it can be a great gift. Let's practice compassion today by reaching out to someone special.

Practice Compassion Today:



1. THINK OF A FRIEND THAT YOU HAVEN'T SPOKEN TO IN A WHILE.
2. CALL THEM AND ASK "HOW ARE YOU DOING?"
3. ENGAGE IN ACTIVE LISTENING - LISTEN TO UNDERSTAND AND NOT TO RESPOND.
4. CONTINUE THE CONVERSATION BY SHARING WHAT'S NEW IN YOUR LIFE.
5. AT THE END OF THE CONVERSATION SET UP ANOTHER TIME TO CHAT.

Parent Practice Tip:

Keep your communication pathways with friends and family open during this time of disconnect. Talk with your child about how it makes you feel when a friend reaches out to you.

To Learn More:

COMPASSION IN ACTION
HEALTHY COMPASSIONATE TOUCH

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Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #7: WRITE A JOURNAL ENTRY THAT FOCUSES ON THE POSITIVES OF A NEGATIVE SITUATION.



Maya Angelou once wrote, "Forgive yourself- no one else will." It can be so easy to become upset with ourselves for all things we aren't doing, haven't done, or could be doing. Although there are many things that may be out of our control, forgiveness is not one of them. We have the power each and every day to forgive ourselves and others. Forgiveness requires accepting a discomfort or something negative towards ourselves or other people. Accepting that you are allowed to have time to rest, you are allowed to self-indulge, you are allowed to thrive in your own way.

When you forgive yourself, you make a promise to be kinder to yourself and focus on things that are in your control. Self-Forgiveness can happen by just taking a few minutes of your day. Particularly, in this unprecedented time many people are becoming angry with themselves for not picking up that new hobby, or not reading all the books on their list, or getting everything organized. Forgive yourself because you owe it to yourself. You are doing enough. **You are enough.**

Practice Forgiveness Today:



1. GRAB A JOURNAL, PIECE OF PAPER, OR ELECTRONIC DEVICE.
2. FIND A SPACE WHERE YOU ARE COMFORTABLE.
3. TAKE A SITUATION SUCH AS THE CURRENT UNPRECEDENTED TIMES AND THINK ABOUT THE THINGS YOU HAVE HAD MORE TIME TO DO OR NOT DO. FORGIVE YOURSELF FOR THINGS YOU HAVEN'T BEEN ABLE TO DO.
4. THINK ABOUT OTHER POSITIVES, SUCH AS HAVING MORE TIME TO BUILD RELATIONSHIPS (VIRTUALLY!), PICK UP A NEW SKILL, SLEEP, INSTEAD OF BEATING YOURSELF UP FOR WHAT YOU HAVEN'T DONE.
5. WHEN YOU'RE FEELING OVERWHELMED OR UPSET ABOUT THE CURRENT SITUATION RE-READ THESE ENTRIES TO FORGIVE YOURSELF.

Parent Practice Tip:

Set aside a time to do these forgiveness journal entries. You deserve "you time"! If you set a time and place you will be more likely to stick to it. Be sure to share or encourage your kids as well so they understand forgiveness is important to wellbeing.

To Learn More:

The Gift of Forgiveness - a Book
Forgiveness Breath
What is Forgiveness?

www.ChooseLoveToThrive.org

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Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #6: WRITE A THANK YOU NOTE



Albert Schweitzer, a theologian, philosopher, and physician who received the Nobel Peace Prize in 1952, once said "At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."

For many of us, this may be a time of darkness and upheaval, but in this darkness, the light shed by those around us is even more apparent. We can take this time to acknowledge and appreciate the hard work of those around us, whether it be the doctors and nurses who continue to fight this virus, the mailmen who continue to deliver our packages and letters, or our families and friends who continue to put smiles on our faces each day.

Gratitude is defined as the feeling or expression of thankfulness and appreciation towards yourself, others, people, places, or things. Let us take the time to appreciate all the people in our lives and in the wider community who are actively rekindling our lights and the lights of others so that this darkness that surrounds us is eased by the light of service and gratitude.

Practice Gratitude Today:



1. GRAB A PENCIL AND A PIECE OF PAPER OR USE YOUR LAPTOP OR PHONE.
2. THINK ABOUT SOMEONE IN YOUR LIFE WHO HAS BROUGHT YOU HAPPINESS AND REFLECT ON ALL THE WAYS THEY'VE BRIGHTENED YOUR LIFE.
3. NOW, WITH THAT IN MIND, WRITE A NOTE THANKING THEM FOR ALL THAT THEY'VE DONE FOR YOU.
4. TAKE A PICTURE OR MAKE A COPY TO KEEP AS A PERSONAL REMINDER TO NOT TAKE THAT PERSON FOR GRANTED.
5. SHARE THE ORIGINAL NOTE WITH THEM, EITHER BY HANDING IT TO THEM IN PERSON (IF THEY LIVE WITH YOU) OR SENDING IT AS A TEXT OR EMAIL.

Parent Practice Tip:

Feeling frustrated? Take a moment to think about one thing that you appreciate about the people in your life. Send this simple message to them.

To Learn More:

WHAT IS GRATITUDE?
GRATITUDE BREATH
GRATITUDE CALENDAR

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Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #5: REACH OUT TO SOMEONE



Maya Angelou, beloved American poet and educator, once wrote, “If one has courage, nothing can dim the light which shines from within.” Maya Angelou encouraged us to know that we are stronger than we think, but do you know that strength can also be seen in asking for help?

So much of what we do every day takes courage. Making the choice to ask for help during difficult times or to reach out to someone for support takes courage. Courage is defined as the willingness and ability to work through obstacles despite feelings of embarrassment, fear, reluctance, or uncertainty. When you make choices to help you feel better, even though they may be difficult for you, you’re practicing courage. Everyday acts of courage help you overcome situations like being flexible to the “new normal”, solving conflicts that arise, or stating an unpopular opinion in challenging times. There are opportunities to be courageous every day and practicing courage can have tremendous benefits for yourself and others.

Practice Courage Today:



1. WRITE DOWN HOW YOU ARE FEELING WHEN STRESSED. DESCRIBE YOUR THOUGHTS OR HOW YOUR BODY FEELS.
2. IDENTIFY WHO YOU TALK TO ABOUT YOUR FEELINGS, SUCH AS A FRIEND OR PARENT.
3. PRACTICE WHAT YOU MIGHT SAY BY READING YOUR NOTE OUT LOUD.
4. YOU CAN READ YOUR NOTE OUT LOUD TO YOUR FRIEND OR PARENT, AND ASK THEM WHAT THEY DO WHEN THEY ARE FEELING STRESS.

Parent Practice Tip:

Talk to your children when you are stressed, and model how you communicate about your emotions. Encourage them to talk to you when they are feeling stressed and need help.

To Learn More:

EnCOURAGE your Neighbors
“Brave” by Sara Bareilles
Choose Love Extensions

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Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #4: PRACTICE SELF-COMPASSION



Compassion is defined as the feeling of deep sympathy and acknowledgment of other people's pain. We practice compassion by understanding that we all experience hardships. To practice compassion, it is important to ask ourselves how someone might feel in a situation. We then consider how we might feel in that same situation. The next step is to do small acts of compassion that can be as simple as holding the door open for someone or giving a hug to a loved one.

Practicing self-compassion helps us to show compassion towards others. By practicing to recognize and accept our own emotions, it may become easier to understand the experiences of others. Engaging in self-compassion can also have a positive impact on our mental health and well-being. Today, take some time to reflect on your thoughts and practice self-compassion.

Practice Compassion Today:



1. GRAB A PIECE OF PAPER AND A PENCIL.
2. WRITE DOWN 3 POSITIVE, ENCOURAGING STATEMENTS, SUCH AS, "I CAN MAKE TODAY A GREAT DAY."
3. READ THESE THREE PHRASES ALOUD TO YOURSELF.
4. THINK OF ONE ACTION THAT YOU WILL DO FOR YOURSELF TODAY, SUCH AS LISTEN TO YOUR FAVORITE SONG.
5. CONTINUE TO REMIND YOURSELF OF THE AFFIRMATIONS YOU WROTE AND THE ACTION STEP YOU'D LIKE TO COMPLETE THROUGHOUT THE DAY.

Parent Practice Tip:

Help your children practice compassion by sharing with them what you are passionate about. Tell them one positive affirmation you have created.

To Learn More:

COMPASSION IN ACTION
POSITIVE AFFIRMATIONS
HEALTHY COMPASSIONATE TOUCH

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CHOOSING LOVE TODAY #3: ANGER BASKETBALL



Mark Twain, author of the American classics *The Adventures of Tom Sawyer* and *The Adventures of Huckleberry Finn*, once said: "Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured." Holding onto anger hurts us more than the person or thing we are angry at.

Everyone feels angry from time to time. Anger is ok to experience as long as we learn how to handle this emotion. Being in a constant state of anger drains us of our happiness. This can change our mood, our relationships, and even our health. When we make the choice to let go of our anger, we are actively creating more mental space for positive emotions such as love. Letting go of our negative emotions restores our positive energy and allows us to create happy memories. Make it a daily mission to let go of your negative emotions and move positively forward.

Practice Forgiveness Today:



1. THINK ABOUT SOMETHING THAT MAKES YOU FEEL ANGRY OR HURT. ONCE YOU THINK OF SOMETHING, DRAW A PICTURE OF IT ON A PIECE OF PAPER.
2. SMASH AND CRUMPLE THE PIECE OF PAPER INTO A TIGHT BALL.
3. CLOSE YOUR EYES, HOLD THE PAPER TO YOUR HEART AND TAKE A FEW DEEP BREATHS
4. AFTER YOU INHALE, SAY "I AM GOING TO LET THIS ANGER OR HURT GO."
5. EXHALE, OPEN YOUR EYES AND TOSS THE BALL INTO THE BASKET. REPEAT AS MANY TIMES AS IT TAKES TO GET THE PAPER IN THE BASKET.

Parent Practice Tip:

Feeling angry? Find a quiet place in your home and take several deep breaths. While breathing, think of several things that make you happy to help improve your mood.

To Learn More:

WHAT IS FORGIVENESS?
FORGIVENESS BY KIDS
JUST BREATHE

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Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #2: MAKE A GRATITUDE JAR



Maya Angelou once wrote, “The ship of my life may or may not be sailing on calm and amiable seas. The challenging days of my existence may or may not be bright and promising. Stormy or sunny days, glorious or lonely nights, I maintain an attitude of gratitude. If I insist on being pessimistic, there is always tomorrow. Today I am blessed.”

We express and experience gratitude daily, without even noticing it. While everything might seem overwhelming right now, we can take control and find things we are grateful for to focus on. Gratitude is defined as the feeling or expression of thankfulness and appreciation towards yourself, others, people, places, or things. You are expressing gratitude when you thank someone for a gift, for holding a door open, and when you give your child’s teacher a card at the end of the year.

Expressing and receiving gratitude daily can help increase positive feelings towards yourself and other people. While it may seem that there are so many negatives in the world right now there are things to feel grateful about in your own home or social circle. Shifting the focus to things you can control can make the world of difference in your daily life throughout these unprecedented times.

Practice Gratitude Today:



1. GRAB A MASON JAR, CUP, CLEAN EMPTY BOTTLE, ETC.
2. DECORATE WITH PAPER, STICKERS, RIBBON OR ANY OTHER CRAFT SUPPLIES. (OPTIONAL).
3. TAKE POST-ITS OR CUT UP STRIPS OF PAPER AND MAKE PROMPTS FOR YOURSELF SUCH AS “TODAY I AM GRATEFUL FOR...”, “SOMEONE I WOULD LIKE TO EXPRESS GRATITUDE FOR IS...”
4. EACH DAY, WRITE ONE OR MORE OF THESE AND PLACE THEM IN YOUR JAR.
5. WHEN THE JAR IS FULL, PULL A SLIP OUT AND SHARE BY CALLING OR TEXTING A FRIEND AND FAMILY MEMBER AND GOING THROUGH THE ENTRIES TOGETHER.

Parent Practice Tip:

Similar to a gratitude jar, you may have a place where you have old holiday cards or crafts your child made for you. Think about the love and thankfulness expressed in their creations. Share your gratitude with your child by showing them some of the saved crafts.

To Learn More:

[WHAT IS GRATITUDE?](#)
[GRATITUDE BREATH](#)
[GRATITUDE CALENDAR](#)

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Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #1: STRIKE A COURAGE POSE



John Wooden, former UCLA Basketball Coach once said, “The true test of a man's character is what he does when no one is watching.” There is a lot of truth to this quote, but how many of us, if honest, actually live it?

So much of what we do every day takes courage. Making the choice to do the right thing when nobody's watching, or choosing to be kind to someone when you are frustrated or fearful takes courage. Courage is defined as the willingness and ability to work through obstacles despite feelings of embarrassment, fear, reluctance, or uncertainty. When you make positive choices, even though they may be difficult for you, you're practicing courage.

Everyday acts of courage help you overcome situations like being flexible to the “new normal”, solving conflicts that arise, or stating an unpopular opinion in challenging times. There are opportunities to be courageous every day and practicing courage can have tremendous benefits for yourself and others.

Practice Courage Today:



1. TAKE 3 BRAVE BREATHS.
2. CREATE A COURAGE POSE. WHEN FACED WITH A DIFFICULT SITUATION, TAKE A DEEP BREATH, SHOULDERS BACK, HEAD UP AND STRIKE A POSE.
3. PAY ATTENTION TO YOUR BODY'S PHYSICAL AND EMOTIONAL RESPONSE TO FEARFUL SITUATIONS. WHEN WE RECOGNIZE THE PHYSICAL SIGNS AND FEELINGS, WE CAN ACCEPT OUR FEAR INSTEAD OF WORKING AGAINST IT.
4. TRY SOMETHING NEW OR REVISIT SOMETHING YOU HAVE GIVEN UP ON.
5. KEEP AN “EVERYDAY ACTS OF COURAGE” JOURNAL.

Parent Practice Tip:

Feeling powerless, practice a mindful minute. Take a moment to focus on the things you have control over.

To Learn More:

Brave Breaths

Courage video

Mindful Minute

www.ChooseLoveToThrive.org

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Brave Breaths

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Mindful Minute

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