



POSTER

Inspiration

When you learn and practice the Choose Love Formula™, you will find the courage to be grateful when life is not easy, forgive yourself and others, and cut the cord that attaches you to pain, and step outside of the busyness of your life to help others. By practicing this every day, you can positively impact yourself and others.

When you Choose Love™, you radiate a loving thought to create a positive ripple that can help create the world we all want to live in. One that is safe and peaceful. The incredible thing is that our influence on others is a choice that we make. A choice that can potentially impact millions of people.

"If every one of you changed the lives of just 10 people – and each one of those folks changed the lives of another 10 people – just 10 – then in five generations – 125 years – [you] will have changed the lives of 800 million people."

- Admiral William McRaven





POSTER

Inspiration

In our duck pond poster, the ripples that the ducks create in the water is similar to the invisible ripples that we create through our words, actions and even thoughts. Just simply smiling can create a positive ripple effect that can emanate to others.

In our duck pond, the people are connecting with nature. This helps improve mental health with studies showing that children with greater access to green spaces experience lower rates of anxiety, depression, and conduct problems. What do you like doing in nature? Going to a park or beach, riding your bike, playing sports, climbing a tree, watching the clouds or stars?

Show how you are Choosing Love by spending time with family and friends, connecting with the outdoors, or caring for or helping animals.





POSTER

Inspiration

Courage

Courage is the willingness and ability to work through obstacles despite feeling embarrassment, fear, reluctance, or uncertainty. It is being kind and gentle, doing the right thing when no one is looking, and thoughtfully responding to a reactive situation.

Choosing Love with Courage means actively responding with kindness, compassion, and understanding even when faced with challenging situations, often requiring you to overcome fear or discomfort.

What can you do to show Courage?

Ways to show Courage:

- **Standing up for others:** Standing up for a student who is being bullied
- **Telling the truth:** Telling the truth, even when afraid of getting in trouble
- **Trying new things:** Join a club, take up a new hobby, or activity
- **Learning new skills:** Take lessons, teach yourself a new skill - typing, card trick, skateboarding





POSTER

Inspiration

Gratitude

Happiness, stronger relationships, improved resilience, better mental health, enhanced empathy, and a greater sense of personal fulfillment are results of actively appreciating the positive aspects of life and choosing to respond with love in challenging situations. Essentially, it encourages you to cultivate a positive outlook and foster connection with others through thankfulness.

What can you do to show Gratitude?

Ways to Express Gratitude:

- **Say Thank You:** Express gratitude out loud.
- **Thank You Notes:** Write a thank you note to people who are important to you or who help you everyday.
- **Keep a Gratitude Journal:** Write things you are grateful for each day.
- **Micro Moments of Joy:** Take a mental snapshot of a moment that makes you feel good or inspiring,

