

1. **CHOOSE TO REPLACE AN ANGRY THOUGHT WITH A LOVING THOUGHT**
(even if you don't feel it in your heart - it will almost instantly make you feel better and set your mind on a different path)

2. **LOVE YOURSELF UNCONDITIONALLY FOR ONE DAY**

3. **TRUST YOURSELF** -
AND SAY IT IN YOUR MIND WHEN YOU START TO DOUBT YOURSELF

4. **Be Brave - Act Boldly**

5. **SPEAK YOUR TRUTH**
gently

6. **BE KIND** *instead of right*

7. FOR ONE DAY, BE JUDGMENT FREE - (EVEN WITH YOURSELF - ACCEPT YOU ARE WORTHY, ACCEPT YOUR BODY, YOUR HAIR, YOUR ABILITIES, YOUR WISDOM)

8. **Treat someone as you would like to be treated,**
Practice "a soft answer" - which "turns away wrath."

9. SEND LOVE AND BLESSINGS TO THE CAR THAT JUST CUT YOU OFF :)

10. **LISTEN** IN CREATED STILLNESS TO THE ANSWERS YOU ALREADY KNOW

11. **CALL A FRIEND WHO IS SICK**

12. SET YOUR INTENTION FOR THE DAY (REMEMBER) TO BE KIND, COMPASSIONATE, GRATEFUL

13. **Be kind to yourself**

14. **Choose faith over fear**

15. WRITE OUT POSITIVE AFFIRMATIONS ('ALL IS WELL' FOR EXAMPLE) AND POST THEM ON YOUR DESK

16. **SMILE AT SOMEONE & SAY HELLO**
INSTEAD OF BRUSHING SHOULDERS AND NOT ACKNOWLEDGING THEM

20. TAKE FOOD TO A FOOD BANK OR VOLUNTEER TO WORK FOR A SHIFT IN A FOOD BANK

21. **Smile and laugh with your children**

22. **Be Present**

23. FOR 15 MINUTES WORK ON A PROJECT THAT'S BEEN HANGING OVER YOUR HEAD, AND....

24. WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR IN A JOURNAL AT NIGHT

25. **Really listen to someone**

26. BE MINDFUL OF WHAT GOES ON AROUND YOU - LISTEN TO BIRDSONG, REALLY TASTE YOUR FOOD

27. BE AWARE OF YOUR THOUGHTS

28. **Look for the good in a day**

29. LOOK OUT THE WINDOW AND NOTICE THE BEAUTY OF THE TREES

30. FIX YOURSELF A CUP OF HOT TEA JUST THE WAY YOU LIKE IT

31. **Be still, listen to your inner wisdom**

32. BE AWARE OF SYNCHRONICITIES THAT OCCUR IN YOUR LIFE

33. SHARE A COMPASSIONATE ACT YOU DID WITH YOUR FAMILY DURING DINNER...TRY TO DO THIS EVERY NIGHT-THAT WILL SET THE INTENTION IN THE MORNING FOR BEING COMPASSIONATE

choose love
movement

*And remember to always
Choose Love over Anger!*

COURAGE

FORGIVENESS

You've been
LOVE BOMBED!

This is a note to let you know you are loved.



- Don't break the chain!
- 1) Visit this website:
 - 2) Print and color 3 copies of this note
 - 3) Anonymously deliver them to 3 neighbors before the end of this week.

Congratulations on Choosing Love!

GRATITUDE

COMPASSION

IN-ACTION