

choose love™
Awareness
MONTH 2025
RIPPLES OF LOVE



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

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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

Gratitude

Gratitude is mindful thankfulness and the ability to be thankful, even when things are challenging. When you practice gratitude, you feel thankful, and want to share that feeling with others.

There is always something to be grateful for. Gratitude is 'the great mind shifter.' You cannot focus on more than one thought at a time; so gratitude can help shift the focus on your lens from negative to positive!

Practicing gratitude on a regular basis, it fortifies us from the inside out so you are better able to face difficulty in your lives, and move through it with greater ease.

**What can you do to show
Gratitude?**

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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,





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Forgiveness

Forgiveness is choosing to let go of anger, resentment, and negative feelings towards someone else, even when they have hurt you, in order to prioritize love and compassion instead.

Essentially choosing to heal and move forward by releasing the pain, rather than holding onto it. Forgiveness doesn't mean forgetting or excusing what you feel or what someone else did. It means cutting the cord that attaches you to pain and letting it go!

Forgiveness is a gift you give yourself.

What can you do to show Forgiveness?

Ways to Express Forgiveness:

- **Cut the Cord:** Let it go. Cut the cord to the pain
- **Say I'm Sorry:** Apologize to the person you hurt, that can even be yourself.
- **Own it:** If you made a mistake, admit it and try to fix it
- **Write It Down, Tear It Up:** Write things you are angry about, something that is hurt you. Then tear it up.
- **Forgiveness Rocks:** Pick up a heavy rock, imagine it is your pain, then put it down and let that pain go.





ONLINE

Inspiration

Ways to Express Compassion-in- Action:

Compassion-in-Action

Compassion-in-Action is BOTH the understanding of a problem or the suffering of another, and acting to solve the problem or alleviate the suffering.

Compassion-in-Action is when you understand another person's suffering, and want to take action to decrease it. It involves extending empathy and care beyond ourselves.

The beautiful thing is that when we help others, we help and heal ourselves.

What can you do to show Compassion-in-Action?

- **Acts of Kindness:** Smile, say 'Hi', give compliments, hold the door for someone.
- **Self-Care:** Meditate, exercise, walk, listen to music, have fun.
- **Write Positive Notes:** Write a positive message and leave it for someone to find. Try a sticky note, rock, 'bookmark' in a book.
- **Volunteer:** Volunteer at a senior center, pet shelter, or help a neighbor.
- **Help Someone in Need** Is someone looks sad or worried, ask if they are ok. Sometimes just listening can be helpful.



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:

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

