

COURAGE + GRATITUDE + FORGIVENESS + COMPASSION IN-ACTION = THE CHOOSE LOVE FORMULA

choose love™
movement

Choosing Love has a **MAGICAL** ripple effect!

SEPTEMBER 2023

Together we can produce a ripple effect that reaches far and wide to create a more peaceful and loving world. Use our daily action tips to remind you to Choose Love every day. Continue to practice courage, gratitude, forgiveness and compassion-in-action.

SUN

MON

TUES

WED

THUR

FRI

SAT

				<p>1 What is something you love about yourself?</p>	<p>2 Play a game with your friends and ask someone new to join you.</p>	
<p>3 What can you draw starting with the shape of a heart?</p>	<p>4 Labor Day. <i>Have a lot of fun</i></p>	<p>5 What are 3 positive things about your new classroom?</p>	<p>6 Say hello to everyone you meet today. </p>	<p>7 Practice courage. Try to learn something new.</p>	<p>8 Compliments are free. Give one to everyone today. </p>	<p>9 It's National Swap Ideas Day! Share ideas about how to create a better world.</p>
<p>10 Be considerate of others. </p>	<p>11 Magical Monday. Find or make an inspiration stone. </p>	<p>12 Hold the door open for someone.</p>	<p>13 Practice gratitude. Tell your favorite people that you love them. </p>	<p>14 It's National Parent's Day Off! Help with dinner and clean up.</p>	<p>15 Believe in love. Listen to "I'm a Believer" from Shrek. </p>	<p>16 Read about something you like. </p>
<p>17 Go for a walk and collect leaves or flowers. Make a gratitude wreath.</p>	<p>18 Magical Monday. Make a picture of a magical star or your favorite constellation. </p>	<p>19 Take a minute to think about everyone you love.</p>	<p>20 Say something positive about yourself while looking in a mirror.</p>	<p>21 Practice forgiveness. Nobody is perfect. Be kind to yourself.</p>	<p>22 What are 2 good things that happened today?</p>	<p>23 Have a family movie night. </p>
<p>24 Relax. Have a chill day. </p>	<p>25 Magical Monday. Wear something magical...your favorite color, something sparkly or a team jersey.</p>	<p>26 Try a new food or drink! </p>	<p>27 Practice compassion-in-action. Give a small gift or card to someone you love.</p>	<p>28 Share a funny story with a friend today.</p>	<p>29 Think of your favorite things in your home. </p>	<p>30 It's National Family Health Day. Do something adventurous with your family.</p>

"All kids need is a little help, a little hope, and someone who believes in them." –Magic Johnson