



Choose Love Awareness Month is a time to focus on ways you can bring more **NURTURING HEALING LOVE** to yourself and others. Celebrate all the ways you Choose Love every day by practicing the Choose Love formula. Spread awareness with your family and friends by encouraging them to take part in our daily action steps.

choose love™
Awareness
 MONTH 2023

FEBRUARY 2023

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<p>It's CHOOSE LOVE AWARENESS MONTH!</p>			<p>1 COURAGE WEEK</p> <p>Show off your brave pose.</p>	<p>2 It's Groundhog Day. Look for your shadow. What do you see?</p>	<p>3 Fearless Friday! Do something you never did before.</p>	<p>4 Read a poem about courage then write your own.</p>
<p>5</p> <p>Listen to a song about courage.</p>	<p>6 Believe in yourself.</p>	<p>7 It takes courage to try. If you fail, try again.</p>	<p>8 GRATITUDE WEEK</p> <p>What are you grateful for today?</p>	<p>9 Practice gratitude breaths to feel thankful and happy.</p>	<p>10 Write a thank you note to someone.</p>	<p>11 Read a poem about gratitude then write your own.</p>
<p>12 Make a paper gratitude quilt. Draw pictures of what you are thankful for. Patch them together.</p>	<p>13 Tell someone why you are grateful for them and to encourage them to do the same.</p>	<p>14 Happy Valentine's Day! Share LOVE all day!</p>	<p>15 FORGIVENESS WEEK</p> <p>Take a forgiveness breath.</p>	<p>16 Forgiveness is a gift to yourself.</p>	<p>17 It's Random Acts of Kindness Day. Do something kind!</p>	<p>18 Read a poem about forgiveness then write your own.</p>
<p>19 What are different ways to say you are sorry?</p>	<p>20 Presidents Day. Put your hands in a fist, take a breath in, then exhale slowly to let go and be forgiving.</p>	<p>21 Choose a loving thought over an angry thought.</p>	<p>22 COMPASSION IN-ACTION WEEK</p> <p>Take a mindful minute.</p>	<p>23 Be kind to yourself. Wrap your arms around your body and hug yourself.</p>	<p>24 Make a Choose Love formula sign and hang it in your kitchen or classroom!</p>	<p>25 Read a poem about compassion then write your own.</p>
<p>26 Treat yourself like royalty. Do something that makes you happy.</p>	<p>27 Make kindness notes and leave them where others will find them.</p>	<p>28 Show compassion for others. Offer a kind word or share a smile!</p>		<p>CHOOSE LOVE every single day!</p>		

“Awareness is like the sun. When it shines on things, they are transformed.” —Zen Master Thich Nhat Hanh