



# Choosing Love is Magical!

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

It means having Courage, Gratitude, Forgiveness and Compassion-in-action. Use our daily action tips to remind you to Choose Love every day. Together we can produce a ripple effect that reaches far and wide to create a more peaceful and loving world.

# SEPTEMBER 2022

**choose love**  
movement

SUN	MON	TUES	WED	THUR	FRI	SAT
				<p>1 What are 3 good things about your new classroom?</p>	<p>2 Play a game with your friends and ask someone else to join you.</p>	<p>3 Think of your favorite things in your home.</p>
<p>4 What can you draw starting with the shape of a heart? A mountain, a whale, a tennis racket?</p>	<p>5 <b>It's Labor Day.</b> Make a home-made fort and play a game of cards.</p>	<p>6 What is something you love about yourself?</p>	<p>7 Say hello to everyone you meet today.</p>	<p>8 <b>Courage:</b> Learn something new, like how to flip a coin...from your elbow!</p>	<p>9 Compliments are free. Give one to everyone today.</p>	<p>10 National Swap Ideas Day! Share ideas about how to create a better world.</p>
<p>11 Watch your favorite movie.</p>	<p>12 <b>Magical Monday.</b> Find or make an inspiration stone.</p>	<p>13 Hold the door open for someone.</p>	<p>14 National Parent's Day Off! Help with dinner and clean up.</p>	<p>15 <b>Gratitude:</b> Tell your favorite people that you love them.</p>	<p>16 Believe in love. Listen to "I'm a Believer" from Shrek.</p>	<p>17 Read about something you like. Archery, animals, adventure or apples!</p>
<p>18 Look for pretty flowers and leaves on a walk.</p>	<p>19 <b>Magical Monday.</b> Make a picture of a magical star or your favorite constellation.</p>	<p>20 Take a minute to think about everyone you love.</p>	<p>21 Say something positive about yourself while looking in a mirror.</p>	<p>22 Dear Diary Day! What are 2 good things that happened today?</p>	<p>23 <b>Forgiveness:</b> Nobody is perfect. Be kind to yourself.</p>	<p>24 National Family Health Day! Have a healthy treat with your family.</p>
<p>25 Relax. Have a chill day.</p>	<p>26 <b>Magical Monday.</b> Wear something magical...your favorite color, something sparkly or a team jersey.</p>	<p>27 Try a new food or drink.</p>	<p>28 <b>Compassion-in-Action:</b> Give a small gift or card to someone you love.</p>	<p>29 Share a funny story with a friend today.</p>	<p>30 Smile! You made it through the month Choosing Love!</p>	<p>Have a Lot of fun</p>

You can't always choose what happens to you, but you can ALWAYS choose how you respond. And you can respond with love!" – Scarlett Lewis