



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

**choose love™**  
 movement

Have the **COURAGE** to respond with love.

**Commemorating the Past with Hope for the Future.**

May this calendar inspire you to Choose Love in small ways every day. Whether Choosing Love by demonstrating courage, gratitude, forgiveness or compassion-in-action, you are helping to create a ripple effect that reaches far and wide, helping to make our world a better place.

# DECEMBER 2022

SUN

MON

TUES

WED

THUR

FRI

SAT

			<b>1</b> Make a list of gifts to give rather than receive. 	<b>2</b> Be nurturing today by being kind to others. 	<b>3</b> Write down a few ways you are courageous.
<b>4</b> Be grateful for the kindness of others.	<b>5</b> Offer to help a friend or family member who may need you.	<b>6</b> You are loved and worthy of love. Take a forgiveness breath. 	<b>7</b> Show off your superpowers today. <i>Hint: Your smile is your best superpower.</i>	<b>8</b> Let a friend know you care. 	<b>9</b> Be courageous by saying you are sorry.
<b>11</b> Show compassion and understanding. Do something for someone who needs it.	<b>12</b> Time to celebrate your family and friends.	<b>13</b> Leave a positive note for someone to find. 	<b>14</b> <b>CHOOSE LOVE</b>	<b>15</b> Make a happy snowman craft from paper plates.	<b>16</b> Show love for yourself by taking a few compassion breaths. 
<b>18</b> Make a holiday card and give it to someone special. 	<b>19</b> Donate food or a toy to a local shelter. 	<b>20</b> Take a walk around your neighborhood.	<b>21</b> Write about your favorite family holiday tradition.	<b>22</b> Make a Choose Love bookmark to give to someone you love.	<b>23</b> Remember to say please and thank you.
<b>25</b> <b>HAPPY HOLIDAYS!</b> 	<b>26</b> Have courage. 	<b>27</b> Be grateful. 	<b>28</b> Be forgiving. 	<b>29</b> Have compassion. 	<b>30</b> Choose Love today and every day.
			<b>31</b> <i>Have a lot of fun</i> 		

“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