

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: SHARE WHY YOU CARE ABOUT PEOPLE DIFFERENT FROM YOU



Spread love! Spread knowledge! Celebrate differences!

"We are all different and that's beautiful." - Karen Salmansohn

It is important that we celebrate the uniqueness that exists. It is important to share this so that you can make the individuals you care about feel valued. Differences can exist in the form, of physical appearances such as hair, eyes, body shape etc. Differences can be internal as well in terms of physical and mental health. We can see differences in ethnicities, cultures, religions, ability, status and much more. These differences are to be celebrated.

To honor these beautiful differences, choose love today and think about how differences enrich your life. Learn more about differences, what they mean and how to encourage acceptance of differences in others who might understand. You can educate yourself, with videos, articles, book, and activities. Take the approach that is best for you. Share this celebration of differences with others by spreading love and doing the activity below.

Practice Compassion Today:



1. THINK OF THE PEOPLE IN YOUR LIFE THAT YOU LOVE, CARE ABOUT, OR IN HISTORY.
2. WHAT ARE THE THINGS YOU HAVE IN COMMON WITH THEM?
3. WHAT ARE THE THINGS THAT ARE DIFFERENT FROM THEM?
4. WHAT DO YOU LOVE MOST ABOUT THIS PERSON?
5. IF IT'S SOMEONE IN YOUR LIFE, FEEL FREE TO SHARE WITH THEM WHAT YOU LOVE ABOUT THEM, IF IT'S SOMEONE IN HISTORY, YOU CAN EVEN HAVE YOUR CHILD MAKE A VENN DIAGRAM TO DEMONSTRATE THE BEAUTIFUL DIFFERENCES.



Parent Practice Tip:

Read your children books that exemplify diversity so that they understand the beauty of differences. Have a collection of books so that your kids can always learn something new.

To Learn More:

What is Compassion in Action?
Books for Kids about Celebrating Differences
Family Guide on How to Teach Children to Celebrate Differences

www.ChooseLoveToThrive.org