

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: MAKE SIGNS SAYING #CHOOSELOVE



Do you want to spread the love? Inspire others? Display your passion and teach others to choose love with a sign!

Throughout the last 57 days, we have shown you ways to choose love through compassion in action, gratitude, forgiveness, and courage. If you are joining us today, please feel free to go and look through past tips, they are all posted on the website and Instagram for you to revisit them or experience the various tips for the first time.

Today's tip asks you to make a #ChooseLove sign. You practice courage by making a choose love sign because you are choosing to display passion for what you have started today or have joined us in doing. By posting your #ChooseLove sign you are having courage to share the love with others, spark interest, and ignite passion in others to choose love as well. When you make your sign think of why you #ChooseLove each day and how to continue choosing love even in these uncertain times.

Practice Courage Today:



1. DECIDE IF YOU WOULD LIKE TO MAKE A DIGITAL SIGN OR ONE WITH ARTS AND CRAFTS SUPPLIES.
2. GATHER THE NECESSARY SUPPLIES OF YOUR CHOOSING AND DECIDE THE SIZE OF THE POSTER.
3. THINK ABOUT WHY YOU ARE PASSIONATE ABOUT CHOOSING LOVE.
4. DECORATE YOUR SIGN WITH ANYTHING YOU WOULD LIKE TO REPRESENT HOW YOU CHOOSE LIVE. BE SURE TO PUT #CHOOSE LOVE ON THE SIGN.
5. PLACE THE POSTER IN A WINDOW IN THE FRONT OF YOUR HOME OR ON THE FRONT OF YOUR DOOR FOR OTHERS TO LEARN FROM.



Parent Practice Tip:

This can be a family activity! Get your child interested and engaged by letting them have autonomy in choosing if you paint, use markers, or glitter.

To Learn More:

What is Courage?

Learn more about what Choosing

Love means!

Have fun with different fonts!

www.ChooseLoveToThrive.org