

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #17: TELL SOMEONE YOU LOVE THEM



Mark Twain once said, "Courage is resistance to fear, mastery of fear, not absence of fear." In saying this, he meant that it is okay to be afraid sometimes, but we can choose to take charge of our fears by being courageous.

Courage is defined as the ability to do something that we find scary. We can show courage in our everyday lives by trying to make new friends, participating in class, saying what is on our minds, or apologizing when we have done something wrong. It also takes courage to tell someone you love them. Although it may be scary at first, it is so crucial that we remind those we care about how important they are to us. Especially during a time of social distancing, these words to the person you love may be extremely valuable and appreciated. Take a few minutes today to show courage by telling someone you love them.

Practice Courage Today:



1. THINK ABOUT SOMEONE YOU LOVE.
2. IF THE PERSON LIVES WITH YOU, GO UP TO THEM AND LET THEM KNOW THAT YOU LOVE THEM.
3. IF THE PERSON DOES NOT LIVE WITH YOU, GIVE THEM A CALL OR SEND THEM A MESSAGE TO TELL THEM HOW YOU FEEL.
4. IF YOU FEEL INSPIRED TO, TELL THEM A FEW REASONS WHY YOU LOVE THEM. THIS MAY TAKE EVEN MORE COURAGE, BUT MAY MAKE THEM FEEL EXTRA SPECIAL!

Parent Practice Tip:

Remind your child how much you love them and spend some time thinking of something special to do together to show them how much they mean to you.

To Learn More:

[What is Courage?](#)

[Video to Inspire Courage](#)

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