

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY: TELL SOMEONE WHAT YOU LIKE ABOUT THEM



**Want to be there for a friend, but not sure how to start? Lift their mood and yours by telling them some things you like about them!**

*"Courage is more exhilarating than fear and in the long run it is easier. We do not have to become heroes overnight. Just a step a time, meeting each thing that comes up, seeing it is not as dreadful as it appeared, discovering we have the strength to stare it down."- Eleanor Roosevelt*

*Here, Eleanor Roosevelt is writing about courage overcoming the feeling of fear the longer we take our own courageous steps. If courage were a superhero, then it would take step-by-step words and actions to become the best superhero you can be. Courage does not just happen. We have to work on our courage every day, even if it's a word at a time. Through this activity, you will build your courage through sharing words with someone you care about while fostering positivity in that person. Sharing things you like about someone can feel like you are being too vulnerable. It can be scary, but it will make us feel so good once we show courage.*

### Practice Courage Today:



1. THINK ABOUT SOMEONE YOU CARE ABOUT WHO MAY APPRECIATE SOME EXTRA LOVE AND SUPPORT.
2. GRAB A WRITING UTENSIL AND SOME PAPER OR AN ELECTRONIC DEVICE.
3. WRITE DOWN 2-3 THINGS YOU LIKE ABOUT THIS PERSON THAT YOU DON'T ALWAYS TELL THEM.
4. PRACTICE COURAGE BY SENDING THEM THE THINGS YOU LIKE ABOUT THEM. KEEP IN MIND HOW GOOD IT FEELS TO SHARE THESE KIND THOUGHTS WITH SOMEONE YOU CARE ABOUT.



### Parent Practice Tip:

**Share one thing you like about your child(ren). Explain to them that it takes courage to tell things you like about people you care about.**

### To Learn More:

**What is Courage?**

**Examples from Sing Along of "You'll Be In My Heart"**

**Read Aloud of Courage by Bernard Waber**

**[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)**