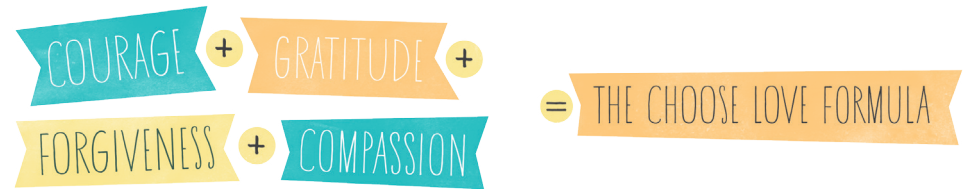










Jesse Lewis Choose Love Movement™

MAY 2020

Let this calendar inspire you to start Choosing Love every day. There are little things you can do each day to show Courage, Gratitude, Forgiveness, and Compassion. This is how you Choose Love and these acts benefit you and so many others. Let's create a Choose Love ripple effect that reaches far and wide this May and through the year!



SUN	MON	TUE	WED	THU	FRI	SAT
					1 FORGIVE FULLY, YOU CAN'T FORGIVE HALF WAY.	2 IT'S SO HARD TO HOLD GRUDGES, BE OPEN TO FORGIVE. 
3 IF YOU'RE UPSET WITH SOMEONE TELL THEM WHY! LET THEM KNOW HOW YOU FEEL.	4 BE EMPATHETIC SO YOU CAN UNDERSTAND AND FORGIVE OTHERS. 	5 IT IS OKAY TO FEEL GUILT, IT LETS YOU KNOW YOU CARE AND FEEL SORRY.	6 LOOK INTO THE MIRROR AND REFLECT ON YOURSELF. BY UNDERSTANDING YOURSELF YOU CAN HELP OTHERS.	7 LEARN TO LET GO AND NOT GRASP ANGER. HOLD ON TO GOOD FEELINGS.	8 START BY LISTENING, COMMUNICATION IS KEY TO LET THINGS GO. 	9 BE DIRECT BUT REMEMBER THERE IS NO NEED TO YELL TO GET YOUR POINT ACROSS.
10 TAKE RESPONSIBILITY FOR WHAT YOU'VE DONE WRONG.	11 RESENTMENT CAN CAUSE A HALT TO GROWTH IN A FRIENDSHIP OR A RELATIONSHIP.	12 APPRECIATE THOSE WHO NURTURE AND LOVE YOU.	13 ALWAYS ATTEMPT A SINCERE APOLOGY. YOU GOT TO MEAN IT! 	14 YOU CAN'T CHANGE THE PAST SO DO NOT DWELL ON IT.	15 YOU DON'T NEED TO JUDGE OTHERS! JUDGEMENT IS ANOTHER ROADBLOCK TO FORGIVENESS.	16 IT'S NOT ALWAYS ABOUT SAYING "I'M SORRY" BUT ACTING LIKE IT.
17 IT IS NOT ALWAYS SIMPLE TO FORGIVE BUT DON'T GIVE UP! 	18 BE TRUE TO YOUR VALUES BUT DO NOT BE BLINDED BY THEM.	19 TAKE TIME TO UNDERSTAND YOURSELF AND FORGIVE YOUR FLAWS.	20 ENJOY THE PRESENT, FIX ANY SITUATIONS YOU FEEL STUCK IN.	21 FORGIVENESS STARTS WITH ACCEPTANCE.	22 WHEN YOU FAIL AT A GOAL, IT IS IMPORTANT TO LET THAT GO AND CONTINUE TO TRY TO REACH IT. 	23 FORGIVENESS TAKES TIME. BE KIND TO THOSE WHO'VE DISTANCED THEMSELVES FROM YOU.
24 BE COMMITTED TO CHANGE SO YOU CAN SEE IT IN YOURSELF AND OTHERS.	25 ALWAYS KEEP AN OPEN HEART AND OPEN MIND. 	26 DON'T PASS BLAME, TAKE RESPONSIBILITY.	27 REMEMBER WE ARE ALL HUMAN AND MAKE MISTAKES. 	28 TRY NOT TO LASH OUT, KEEP COOL.	29 YOU MUST BE TRUE TO YOURSELF AND OTHERS TO FORGIVE.	30 BE GENUINE AND BE KIND, IT CAN BE HARD BUT IT'S IMPORTANT IN ORDER TO FORGIVE.

31 TAKE POSITIVE ACTION TO MOVE ON AND GROW.