**In October** Let's . . .

# atient Listen

**Color Cue: SLOW-DOWN LAVENDER** 

**GOAL FOR THE MONTH:** Find the patience to make more cherished memories out of your moments!

"Be Patient & Listen." Everyday, patience-stretching situations pop-up. This month, plan ahead to write a note or recall happy events. Stop and breathe deeply and handle an unpleasant or difficult matter one step at a time.

#### Let's Rally MORE KINDNESS in this Crazy World...

- Start a rally of kindness in your community
- Take the 12 Habits 4 All of Us to vour school or business



Just practice the Golden rule more often!

For more into call: **814.779.2060** or visit 12Habits4AllofUs.org WORKS!

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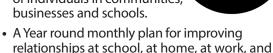
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Let's Rally a Kinder, Healthier Community around Us ALL!

WE ARE...

A Positive way of life

• A Non-profit, non-partisan, non-sectarian partnership of individuals in communities, businesses and schools.



 Turning positive actions into positive habits ... one month - and one citizen - at a time

#### The 12 Habits of Unity

throughout the community

1. January **HELP OTHERS - GENTLE AQUA** Learn CPR and First Aid 2. February YOU COUNT! - WOW! FUCHSIA Be a Drug FREE You! RESOLVE CONFLICTS - PEACEFUL DOVE GRAY 3. March Manage Anger - CHILL! TAKE CARE OF 4. April **OUR ENVIRONMENT** – Spring Green Breathe Deep - Be Smoke FREE! 5. May BE GRATEFUL - GRATEFUL PINK Health Focus – Exercise! Appreciate Your Body. 6. June **REACH HIGHER!** – JOLT! ORANGE Improve Your Health. Start NOW! 7. July **BECOME INVOLVED** – PATRIOT RED Fight Viruses with Good Hygiene & Cleanliness KNOW WHO YOU ARE - THOUGHTFUL BLUE 8. August Health Education and Understanding Vaccines

9. September DO YOUR BEST - AWARD GOLD Good Nutrition Fuels Good Health

**BE PATIENT AND LISTEN** – SLOW DOWN LAVENDER 10. October Make Safe Choices - Listen and Think Twice

11. November SHOW A POSITIVE ATTITUDE - SUNNY YELLOW Stress down, cool down and relax

12. December CELEBRATE COMMUNITY,

FAMILY AND FRIENDS - EVER-GREEN

Healthy Heart, Mind, and Spirit

This flyer is one of the motivational multi-media components of 12 Habits 4 All of Us Campaign. It is proven, through 12 shared practices, to help inspire unity and personal empowerment by strengthening cooperation and positive motivation in families, schools and communities. For more information about materials, or training please visit our website at 12Habits4AllofUs.org or E-mail elaine\_parke@yahoo.com or call Elaine Parke 814.779.2060. Parke's book, The Habits of Unity, 12 Months to a stronger America, is available in print or kindle at all national book outlets. ©2021 All of Us, Inc., All rights reserved.

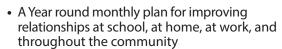


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• Turning positive actions into positive habits ... one month – and one citizen – at a time

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## Let's Rally a Kinder, Healthier Community around Us ALL!

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A Positive way of life

• A Non-profit, non-partisan, non-sectarian partnership of individuals in communities, businesses and schools.

 A Year round monthly plan for improving relationships at school, at home, at work, and throughout the community

• Turning positive actions into positive habits ... one month – and one citizen – at a time

#### The 12 Habits of Unity

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