

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

# BE Patient and 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 your 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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# 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.
- 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

- 1. January** **HELP OTHERS** - GENTLE AQUA  
*Learn CPR and First Aid*
- 2. February** **YOU COUNT!** - WOW! FUCHSIA  
*Be a Drug FREE You!*
- 3. March** **RESOLVE CONFLICTS** – PEACEFUL DOVE GRAY  
*Manage Anger – CHILL!*
- 4. April** **TAKE CARE OF 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*
- 8. August** **KNOW WHO YOU ARE** – THOUGHTFUL BLUE  
*Health Education and Understanding Vaccines*
- 9. September** **DO YOUR BEST** - AWARD GOLD  
*Good Nutrition Fuels Good Health*
- 10. October** **BE PATIENT AND LISTEN** – SLOW DOWN LAVENDER  
*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](http://12Habits4AllOfUs.org) or E-mail [elaine\\_parke@yahoo.com](mailto: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.

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