

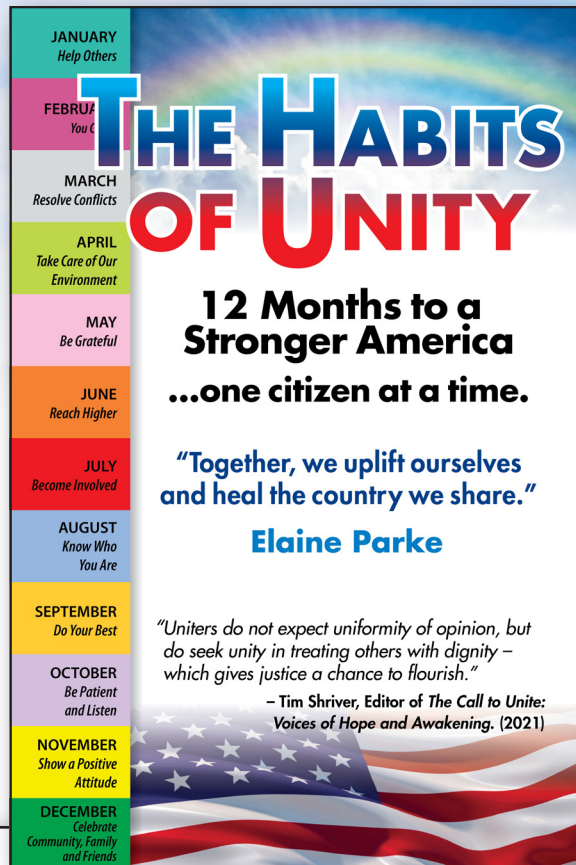
12 Habits 4 All of Us

Mobilizing Unity, Civility and Citizenship.

This is an already-proven, personal and social changing mental health plan in a book. It's not a book ABOUT habits – *it's a HABIT-FORMING book.*

The Habits of Unity is a “one-minute a day” “action” guide to a better life and more empowered citizenship. Each of the 12 months of the year is branded with one colorful habit-forming value like resolve conflicts, help others, and be more positive. There are 12. One for each month.

The 365 “one-magic-minute-a-day” “motivational,” are grouped and color-coded, to help the reader form one good habit per month. Each day's reading offers a little different perspective on each month's habit, a daily affirmation, several inspirational quotes, and a daily “action” tip.



Book available at Amazon and Thriftbooks, and on our Website.



– Melvin H. Steals, PhD, Educator and Grammy Award winning Songwriter

112

Elaine Parke

APRIL 11

TODAY... I nourish my habit to
TAKE CARE OF OUR ENVIRONMENT

The best way to encourage taking care of our environment is to encourage all of us to care more for one another. A genuine concern for others helps us remember the person who may come by next, and might have seen the litter we could have thrown down ... but didn't.

What the world needs now is love sweet love. It's the only thing that there's just too little of.

— Hal David, American Composer

Enjoy Keeping America Beautiful.
Make a list of parks to visit soon.



HABITS FOR UNITY

Green

APRIL 12

TODAY... I nourish my habit to
TAKE CARE OF OUR ENVIRONMENT

Once in a while it's a good idea to broaden our perspective by thinking about the big picture. When we feel stuck at home, remember we are always on a free trip around the sun.

Only nature does great things for nothing.

— Anonymous

Living on earth is expensive, but it includes a free trip around the sun.

— Author Unknown

Check out the scenery at no cost to you. Walk instead of using your car. Keep the scenery beautiful by putting litter where it belongs.

TODAY... I nourish my habit to
TAKE CARE OF OUR ENVIRONMENT

I wonder if Cicero would have written we were living down the street from your beauty of flowers and appreciating nature we too often miss out on. In the rush from the grocery store like deodorant, a great book lay unread and fail to look at

If you have a garden and a library, you need neither.

— Marcus Tullius Cicero, Roman Statesman

Fill your need to see beautiful flowers today. Make your personal environment as uplifting as possible.

...while uplifting our own lives too. This is the win-win cliché of all time – together we don't fall down, we all lift up.

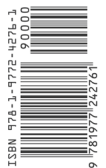
If we haven't learned much else from social media, we've learned that shared thoughts, for good or bad, that are truth or fake, become powerful beyond measure when they reach lots of people at the same time and are repeated over and over again.

This isn't a book ABOUT habits – it is a HABIT-FORMING book. When you take it home and begin your “one-minute-a-day” habit building adventure, your life and your outlook will brighten. Please use your social media power to share the colorful monthly messages with others. Together, we can overcome the pain of a divided America with the power of goodness, because it is in these aspects of our citizenship that we are all equal.

“Together we heal the country we all share.”

outskirts press

Elaine Parke



HABITS FOR UNITY

Green

APRIL 14

TODAY... I nourish my habit to
TAKE CARE OF OUR ENVIRONMENT

We have available for human use, less than 1% of the total earth's supply of water. 97% is in our oceans and 2% is frozen.

— Data from: The Water Pollution Control Federation

How doth the little crocodile improve his shining tail? He pours the waters of the Nile on every golden scale!

— Lewis Carroll, British Author and Poet

Be a water leak detective and a pro-active water conservationist. Shorten your showers, aerate your faucets, put a displacement bag in your toilet tanks, and shorten the water flow when brushing teeth, washing dishes and shaving. Together we all can conserve our water for the years ahead.

Visit us at: 12Habits4AllofUs.org

www.Youtube.com/@12Habits4AllofUs | facebook.com/groups/12habits4allofus