

# 12 Habits 4 All of Us [.org](http://12habits4AllOfUs.org)

**Life gets better when  
we work TOGETHER...  
one month at a time!**

**Help Others in JANUARY**  
*Learn CPR and First Aid*

**You Count in FEBRUARY**  
*Focus on a Drug FREE You*

**Resolve Conflicts in MARCH**  
*Manage Anger*

**Take Care of  
Our Environment in APRIL**  
*Breathe Deep – Be Smoke FREE*

**Be Grateful in MAY**  
*Love Your Body with EXERCISE*

**Reach Higher in JUNE**  
*Start NOW – Improve Your Health*

**Become Involved in JULY**  
*Practice Cleanliness & Hygiene*

**Know Who You Are in AUGUST**  
*Educate Yourself About Vaccines*

**Do Your Best in SEPTEMBER**  
*Good Nutrition Fuels Good Health*

**Be Patient and Listen in OCTOBER**  
*Listen, Think Twice, Make Safe Choices*

**Show a Positive Attitude  
in NOVEMBER**  
*Stress Down, Cool Down, and Relax*

**Celebrate Community, Family  
and Friends in DECEMBER**  
*Healthy Heart, Mind, and Spirit*

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at **12habits4AllOfUS.org** WORKS!



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## Life gets better when we work TOGETHER... one month at a time!

Take each month's habit for good into your own life now. Be creative, here's some ideas, so let's do it TOGETHER!

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**1** In January, Wear GENTLE AQUA

*Extend your Holiday giving spirit year-round*

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**2** In February, Stand out with WOW FUCHSIA

*Everyone has 1,440 minutes every day to count*

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**3** In March, Chill and wear PEACEFUL DOVE GRAY

*Go out like a lamb in relationships and weather*

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**4** In April, Grow SPRING GREEN

*Celebrate Earth Day, clean up and recycle*

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**5** In May, Think GRATEFUL PINK

*Honor Mothers, Veterans, Teachers and all helpers*

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**6** In June, J-O-L-T yourself with ORANGE

*Dream, refresh & renew, start something for you*

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**7** In July, Be PATRIOTIC with RED

*Model our forefathers, volunteer where you can*

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**8** In August, Be THOUGHTFUL in BLUE

*Take time to reflect on a healthy life for you*

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**9** In September, AWARD yourself GOLD

*Launch into a "do your best" attitude & stay with it*

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**10** In October, Patiently "SLOW-DOWN" in LAVENDER

*Really "listen" to others, be patient with yourself too*

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**11** In November, Smile and see SUNNY YELLOW

*Think positive thoughts about yourself and others*

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**12** In December, Celebrate with FOREVER GREEN

*Holiday emphasis on people more than things*

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