In November Let's...

Show a Sitive Sitive ATTITUDE

Color Cue: SUNNY YELLOW

Habit

All of Us

GOAL FOR THE MONTH: On every excursion, wear JOY in your smile!

"Show A Positive Attitude." Be Happy. Work at being Happy!

Relish the good things in your life; let go of the bad feelings. SMILE!

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...

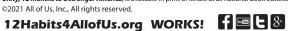
- A Positive way of life
- A Non-profit, non-partisan, non-sectarian partnership of individuals in communities, businesses and schools.
- A Year round monthly plan for improving relationships at school, at home, at work, and throughout the community
- Turning positive actions into positive habits ... one month – and one citizen – at a time

The 12 Habits of Unity

HELP OTHERS - GENTLE AOUA 1. January 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! TAKE CARE OF 4. April **OUR ENVIRONMENT** – Spring Green Breathe Deep - Be Smoke FREE! **BE GRATEFUL** – GRATEFUL PINK 5. May 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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12 Habits

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4. April	TAKE CARE OF OUR ENVIRONMENT – SPRING GREEN Breathe Deep - Be Smoke FREE!
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