

12 Habits 4 All of Us

Mobilizing Unity, Civility and Citizenship.

Visit us at: 12Habits4AllOfUs.org

In **JANUARY**, I offer my habit to...

HELP OTHERS

Extend your Holiday giving spirit year round

Month 1

Gentle Aqua

In **February**, I remind myself that...

YOU COUNT

Everyone has 1,440 minutes every day to count

Month 2

WOW! Fuchsia

In **March**, I strengthen my habit to...

RESOLVE CONFLICTS

Go out like a lamb in relationships and weather

Month 3

Peaceful Dove Gray

In **April**, I nourish my habit to...

Take Care of Our Environment

Celebrate Earth Day, clean up and recycle

Month 4

Spring Green

In **May**, I cherish my habit to...

Be Grateful

Honor Mothers, Veterans, Teachers and all helpers

Month 5

Grateful Pink

In **June**, I discover my habit practice to...

REACH HIGHER

Dream refresh & renew. Start something for you

Month 6

"JOLT" Orange

In **JULY**, I honor my habit to...

Become Involved

Model our forefathers, volunteer where you can

Month 7

Patriot Red

In **August**, I reflect on my habit to...

KNOW WHO YOU ARE

Take time to reflect on a healthy life for you

Month 8

Thoughtful Blue

In **September**, I practice my habit to...

DO YOUR BEST

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

Month 9

AWARD Gold

In **October**, I pause for my habit to...

BE Patient and Listen

Really "Listen" to others, be patient with yourself too

Month 10

Slow-Down Lavender

In **November**, I find joy in my habit to...

Show a Positive ATTITUDE

Think positive thoughts about yourself and others

Month 11

SUNNY Yellow

In **December**, I love my habit to...

Celebrate COMMUNITY, FAMILY & FRIENDS

Holiday emphasis on people more than things

Month 12

EVER-Green