

In January, Let's...

HELP OTHERS



**Color Cue:
GENTLE AQUA**

GOAL FOR THE MONTH:
Lift your spirits and the spirits of others by caring and sharing and giving.

In January "Help Others."

Help a friend, a neighbor, a family member, or a co-worker. Do what you can to lend a hand!

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 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.

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