

MARCH 13

TODAY... I strengthen my habit to RESOLVE CONFLICTS

Tolerance is a value that we all know is vital to living in peace with our neighbors. It's a puzzlement as to why we humans think other people have to be like us or think like us to be acceptable. We all know that life works because we are different and we each bring special gifts to life that enrich the world around us.

When we honor diversity, we have no enemies.

— Jane Hughes Gignoux, American Author

It is never too late to give up our prejudices.

— Henry David Thoreau, American Author

Today: Why don't trees get into fights?

HABITS FOR UNITY



Dove Gray



Students and volunteers preparing to install the new "Spirit of All of Us" lighted sculpture at Somerset, PA's Community Day in 1993. The sculpture is by metal artist, Dave Weimer, who also did a sculpture for the 911 Memorial for flight 93 in Shanksville, PA.

MARCH 14

TODAY... I strengthen my habit to RESOLVE CONFLICTS

Who wants to be wrong? I don't know anyone—do you? Today, think about someone you may not be getting along with right now. Is there some way that you can heal the relationship by taking more responsibility for what went wrong?

Two wrongs don't make a right, but two Wrights made an airplane

— Anonymous

Quarrels would not last long if the fault was only on one side.

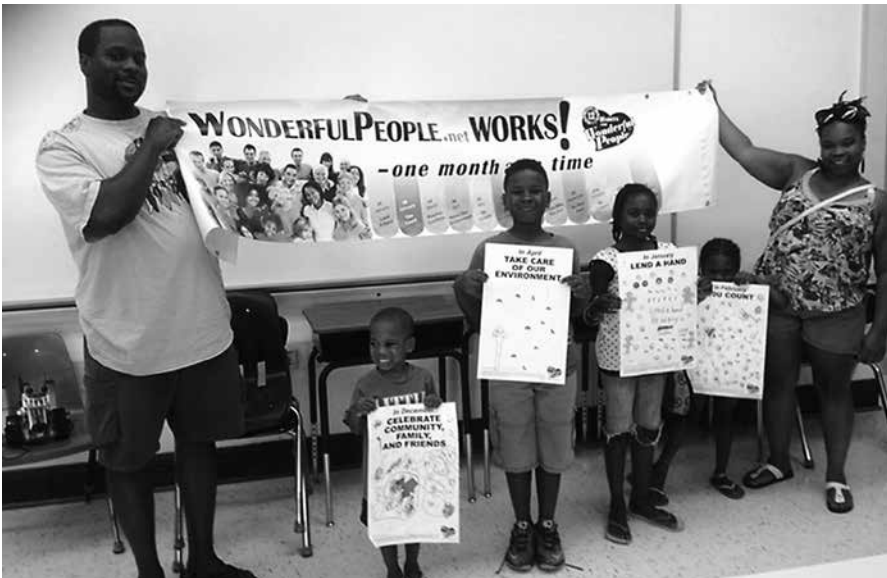
— Francois, Duc de la Rochefoucauld, French Prince and Author

Today: Look into the other person's heart

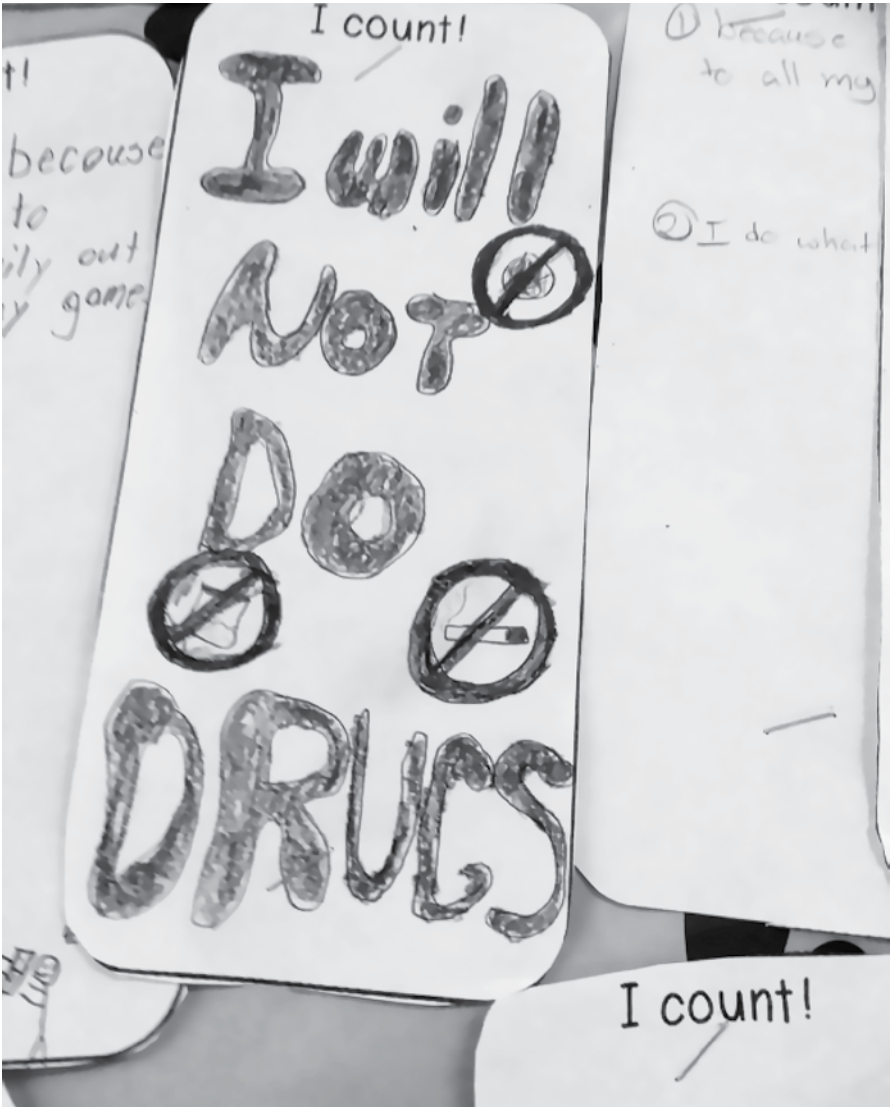
HABITS FOR UNITY



Dove Gray



A local family making 12 Unity Habits Posters at the County Fair in Morgan County, WV - then called 12 Habits of Wonderful People because of the Wild and Wonderful West Virginia slogan.



A February "YOU COUNT" activity at Warm Springs Middle School in Morgan County, WV, included a bulletin board with papers each student wrote about why, "I Count."

In AUGUST REMEMBER TO... **KNOW WHO I AM**

This above all, to thine own self be true

And it must follow as the night the day

Thou canst not then be false to any man.

— William Shakespeare, British Playwright, *Hamlet*

August is the summation of 12 Habits of Unity the month to evaluate who you are and how well you “walk your talk.” When each of us is becoming our better selves, then we are also becoming more unified in America. We are increasing our focus on what we have in common – while honoring the ways in which we are different.

August is a slower paced month of vacations—a time to relax and also to reflect. Your habit-building color for this month is “Thoughtful Blue.” Encourage yourself in August to reflect on your values and where “you” are taking your own future.

What kind of memories are you making out of your own moments? Who are you? How are you different from a year ago? And how do you want to be different a year from now? Reflect on your priorities, your direction and your values. Do you allocate your time to support what is important to you?

With appreciation to the Ty Ling Fortune Cookie Company, I have ended each August day’s inspiration with a fortune cookie philosophy message. They can inspire a fleeting moment of introspection?

Goal for the Month:

Be able to write down your own values about family, children, personal behavior, work performance and your role in your community.



This is Danny Rhodes, a 12 Habits Community Materials Delivery Ambassador during June's month to "Reach Higher" and look for your possibilities. Students and community members could take "Possibilities Gold Coins" to remember to "Reach Higher."

NOVEMBER 3

TODAY, I find joy in my habit to SHOW A POSITIVE ATTITUDE

Smiles improve our attitudes and make life easier. Smiling stimulates the nervous system to produce “cerebral morphine.” This hormone gives us a pleasant feeling and has an anesthetic effect. It also takes fewer calories to smile than frown. It takes 72 muscles to frown and only 14 to smile. When you’re feeling “down” you can help lift your spirits with a smile. Call or plan to see a friend who is outgoing and upbeat. Find the light-hearted shows on TV or the internet. Here’s one I found - WEBSITE: <http://www.laughfactory.com/jokes>

Start every day off with a smile—and get it over with.

— W.C. Fields, American Actor

Smile! It improves your face value

— Ziggy, Tom Wilson

Love makes the world go ‘round but
laughter keeps us from falling off.

HABITS FOR UNITY



Yellow

NOVEMBER 4

TODAY, I find joy in my habit to SHOW A POSITIVE ATTITUDE

Keeping a positive outlook in the face of adversity is easier said than done. This is an area of our lives where our friendship communities can be helpful. The best solution is to reach outward, or inward, for help.

If your efforts are sometimes greeted with indifference, don't lose heart— the sun puts on a great show every daybreak, yet most of the people in the audience go on sleeping.

— Mark Teixeria, Baseball

Tis easy enough to be pleasant, when life flows along like a song. But the man worthwhile is smiling, when everything else goes dead wrong.

— Ella Wheeler Wilcox, American Author

It's better to light one candle than to waste electricity.

Earth Pledge by Mac Gillis, Global Education Associates

*I pledge allegiance to the earth
and all its sacred parts
Its water, land and living things,
And all its human hearts
I pledge allegiance to all life
And promise I shall care
To share and cherish all its gifts
with people everywhere.*

Your Name _____

Date _____



In April – Take Care of Our Environment – Author enjoying one of nature's miracles by blowing dandelion fuzz with her grandson

DECEMBER 17

*TODAY... I love my habit to CELEBRATE
COMMUNITY, FAMILY AND FRIENDS*

As you go through your day, in meetings, at your desk or workstation, in classrooms, family rooms and the grocery store, look around you. Every person you see is a friend or family member somewhere - to someone - and every person is part of the meaning in the lives of one another.

Friendship is the only cement that will hold the world together.

— Duke Ellington, American Musician

How rare and wonderful is that flash of a moment when we realize we have discovered a friend.

— William Rotsler, American artist

CELEBRATE: Appreciate the friends we already know and those we are about to discover.

HABITS FOR UNITY



Green

DECEMBER 18

*TODAY... I love my habit to CELEBRATE
COMMUNITY, FAMILY AND FRIENDS*

If you own a pet, or have walked down the pet aisle at the grocery store recently, then you probably understand that pets give us something we need. They give us the kind of unquestionable, totally accepting love that we yearn for in our relationships with people. If there were a synonym for love I would suggest the word "acceptance."

We give them the love we can spare the time we can spare. In return, dogs have given us their absolute all. It is without a doubt the best deal man has ever made.

— Roger Caras, Pres. A.S.P.C.A.

CELEBRATE: Acceptance as your definition for love.

it couldn't be done

*Somebody said that it couldn't be done,
But he with a chuckle replied
That 'maybe it couldn't,' but he would be one
Who wouldn't say so till he tried.*

*So, he buckled right in with the trace of a grin
On his face. If he worried, he hid it.
He started to sing as he tackled the thing
That couldn't be done, and he did it.*

— Edgar A. Guest, "It Couldn't Be Done"



First time honor roll students, who "Did Their Best," at Aliquippa Middle School. After nearly two years in the prepared 12 Caring Habits environment, the school went on to win the Pennsylvania Violence-FREE Youth Award from then Governor, Tom Ridge.