

THE CHOOSE LOVE FAMILY OATH



1. We will set the intention to **CHOOSE LOVE** this year in our family life and in our day to day interactions with others.
2. We pledge to have an **open heart** and **open mind every day**.
3. We will challenge ourselves each day to change one angry thought into a **loving thought**.
4. We will use the **Choose Love Formula**,
COURAGE + GRATITUDE + FORGIVENESS + COMPASSION IN ACTION = CHOOSING LOVE,
as a compass for our family and in guiding the lives of the others with whom we come in contact.
5. We will strive to be an active participant in the **Choose Love Movement**.
6. We will demonstrate **COURAGE** by always trying to do the right thing, even when it may be hard.
7. We will have an **'ATTITUDE OF GRATITUDE'**; a positive, thankful lens by which to see the world that we will share with others.
8. We will practice **FORGIVENESS** by letting go of anger and hurt and open our hearts to happiness and love, setting an example for others.
9. We will show **COMPASSION IN ACTION** by having empathy for others and looking for ways to help others in need.
10. We will spread **kindness and love** in little and big ways daily.
11. We will serve as a **role model** for others.
12. We will be willing to learn and grow by showing
COURAGE, GRATITUDE, FORGIVENESS, COMPASSION IN ACTION, and LOVE.
13. From this day forward, as a family, we pledge to uphold this **Choose Love Oath** in order to improve our lives and the lives of others. In doing so, We ensure that this is a safe and secure space where strong values and choosing love are demonstrated and encouraged.

