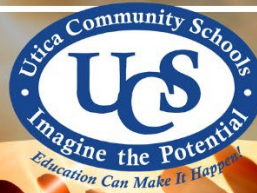


# MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

**Monthly Theme: Get Hopeful**  
**Week 9: Believe It's Possible**



“Be strong, be fearless, be beautiful. And believe that anything is possible when you have the right people there to support you.”  
~ Misty Copland, American Prima Ballerina



When you BELIEVED you could do something, what did you do to make it possible?



**WE ARE** ~~ Have your family members brainstorm words and phrases that describe what "WE ARE" together as a family. For example, We are STRONG. We are KIND. We are ACHIEVERS. We are LOVING. We are SUPPORTIVE. Write these phrases on post-its or index cards and place them in a jar or box. Each day, take one card out and read it out loud to your family to remind them of why we are together!



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