

MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

Monthly Theme: **Get Imaginative** Week 12: **Try Something New**



“I realized if I wait until I'm not scared to try new things, then I'll never get to try them at all.”
~ Marion Sexton, Author



When was the last time you TRIED SOMETHING NEW?



TRY SOMETHING NEW -- This activity is based on the game, “Never Have I Ever”. Think about something that you have NEVER done but would like to TRY. For example, never have I ever used chopsticks, but I would like to TRY.

Make a list of ideas of experiences that you have never done...yet! Commit to TRYING to do one or two of the ideas from your list within the next week.