

MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

Monthly Theme: **Get Thankful** Week 20: **Express It**



“Thankfulness is the quickest path to joy.”
~ Jefferson Bethke, New York Times bestselling author



Sometimes, we get caught up in thinking about all of the things we don't have in our lives or in the drama and stress that may be around us. Life can certainly be intense from time to time. Yet, we can make a different choice. We can reflect on the amazing things and people we do have in our lives. We can revel in the experiences that bring us happiness and joy, even if it is momentary. When we realize what we do have, we experience a feeling of appreciation and gratitude. Then there is something wonderful we can do with that appreciation and gratitude. We can EXPRESS IT. What is it like to EXPRESS your gratitude and appreciation?



Self-Love Challenge ~ Even though it may feel awkward sometimes giving yourself intentional self-love can be the greatest thank you that you can give yourself. Have family members try a daily reflection of recognizing what they did well during their day and give themselves some self-love. If family members realize they hadn't given themselves self-love, encourage them to reflect openly and deeply about something they did that went well even if it is a simple act.



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