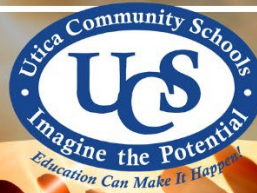


# MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

## Monthly Theme: **Get Thankful** Week 17: **Know What Matters Most**



“It's not what you look at that matters most, it's what you see.” ~ Henry David Thoreau, American Essayist and Poet



How does KNOWING WHAT MATTERS MOST remind us of how much and why we MATTER?



Daily Self-Gratitude ~ At the end of each day, reflect on one thing you did that you feel pretty good about doing. Think about using sentence frames like, “I appreciate that I...,” or “I thank myself for...” Then either journal or share your reflection with a friend or family member.