

MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

Monthly Theme: Get Joyous Week 22: Give One



“Don't judge each day by the harvest you reap but by the seeds you plant.” ~ Robert Louis Stevenson, Scottish Novelist and Poet



GIVING requires us to be aware of others' needs and our willingness to act. There are many different ways to GIVE and when we do, we tap into our empathy, compassion and generosity. When we know to whom we are giving and how we can best GIVE, we build and strengthen the connection with ourselves, our friendships and our relationships. When we authentically GIVE, we don't expect anything in return. When we genuinely GIVE from the heart, we create JOY that is meaningful, valued and purposeful. This is why GIVING matters. What can you GIVE to yourself that would help you to recharge and connect with what brings you JOY?



The Giving Tree ~ Read *The Giving Tree* by Shel Silverstein. Discuss the message in the story and the ways in which we GIVE to others.



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