

# MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

## Monthly Theme: Get Joyous Week 23: Cherish Relationships



“Treasure your relationships, not your possessions.”  
~ Anthony J. D'Angelo, American Author



Our friendships and RELATIONSHIPS mean something to us. Our RELATIONSHIPS give us support, motivation, guidance, care and laughter, someone to talk to and hang out with. Even though we may not always be able to spend as much time as we would like with the people we care about, we still value those RELATIONSHIPS and friendships. Our RELATIONSHIPS are special connections. Without them, our lives would be incredibly different. What friendship or RELATIONSHIP do you have right now that brings you JOY?



APPRECIATE ~ Select a current RELATIONSHIP that means a lot to you and create an appreciation list for that person. Appreciation may be something big or something simple. Maybe a friend saves a space for you at lunch or a family member attends every game to cheer you on. Present this CHERISHED person with your appreciation and show that you value the RELATIONSHIP. Let's actively APPRECIATE our RELATIONSHIPS.



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