

# MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

## Monthly Theme: Get Joyous Week 24: Celebrate a Milestone



“Remember to celebrate milestones as you prepare for the road ahead.” ~ Nelson Mandela, Civil Rights Activist and Former South African President



Sometimes time can pass quickly. Looking at past photos and videos can help us recall moments of CELEBRATION and accomplishment. You might even recognize some of the past moments and events that you thought were insignificant are truly important because it helped you become who you are now. If we don't stop to reflect at how far we have come, we could miss the opportunities to celebrate the incredible things we have achieved and accomplished in our lives. How might CELEBRATING A MILESTONE bring JOY to our lives?



**Milestone Map** ~ As you and your family reflect on this year, create a map with the MILESTONES you have reached. Think about where you started and the steps you have taken to get to where you are now. As you map them out, you'll notice all that you have accomplished together. Create highway signs for each of the many MILESTONES reached thus far. Recognize and be proud of what you have achieved.



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