

# MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

**Monthly Theme: Get Spectacular**  
**Week 26: Own Your Awesomeness**



“If we practice being spectacular long enough, spectacular will become our way of being.” ~ Robin Sharma, Canadian Writer



Martin Luther King Jr. once said "the surest way to be happy is to seek happiness for others". What if we shifted the saying to "the surest way to be AWESOME is to seek the AWESOMENESS of others." Sometimes we get into a space where we feel we are not doing enough, we are not good enough and we can't move forward. We feel stuck. Now, imagine you are having a rough day and someone comes around and tells you how AWESOME you are. They notice the effort you have been making and your kindness and thoughtfulness. They notice you include others and are a supportive classmate or teammate. They notice that you make others laugh and smile. They notice your AWESOMENESS! Noticing the things that makes others SPECTACULAR is an amazing and simple act. It helps others be more confident. It motivates and inspires. It helps others feel seen. It helps others understand how much they matter. Are you ready to help others see what you see and own their AWESOMENESS?



Awesome Ends With Me ~ Have family members start each day with being AWESOME. On the bathroom mirror, post a sign that says, "Before you leave, take a moment to look in the mirror and finish this sentence... “Today I am AWESOME because...” Let's begin each day with AWESOMENESS.



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