

# MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

**Monthly Theme: Get Spectacular**  
**Week 27: Prepare For Launch**



“You hit homeruns not by chance but by preparation.”  
~ Roger Maris, American professional baseball player



We are truly surrounded by SPECTACULAR things and people. An impressive cloud formation, a classmate who is incredibly artistic or musical, or the cafeteria staff who show kindness, wonderful and amazing moments happen every day. The thing is ~ most of these SPECTACULAR things happened because someone PREPARED themselves to achieve it. How might making a list help to PREPARE us to achieve our goals or make something SPECTACULAR happen?



**A Thoughtful Walk** ~ Taking a walk can be magical and restorative. A simple walk, especially outside, infuses oxygen throughout our bodies. It refreshes and resets our brains. A simple walk can help our minds think and see more clearly. It boosts our creativity and ability to solve problems. Dedicate some time on a regular basis for you and your family to take a THOUGHTFUL WALK. Remind family members to breathe deeply, inhaling through your nose and slowly exhaling through your mouth. Nothing necessarily needs to be discussed or talked about on your walk. The aim is to create some space in our brains to PREPARE for the things we want to achieve. Let's PREPARE to walk.



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