

MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

Monthly Theme: Get Kind Week 30: Offer To Help



“Kindness begins with the understanding that we all struggle.” ~ Charles Glassman, American Doctor of Internal Medicine and Author



Take a moment to think how we can spread KINDNESS by OFFERING TO HELP all of the wonderful people in our lives. All it takes is a willing mind and heart, and our ability to understand what their needs are by asking. How we choose to act and treat the people in our lives says a lot about us. Are you ready to OFFER TO HELP some really important people in your life?



Heavy Blocks ~ Everyone experiences the feeling of being overwhelmed at some level. Sometimes, we feel overwhelmed and have trouble taking the next step or moving forward. The HELP we need might be more information or knowledge, guidance or expertise. The HELP we need might be more time or hands to assist. When we have the resources and support, we feel more enthusiastic about what we want to achieve and less overwhelmed. Ask family members to describe a “heavy block” ~ something that is weighing them down and is overwhelming to them. Then, discuss ways you can help family members with it. Let’s OFFER TO HELP each other lessen the weight of our “heavy blocks.”