

# MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

**Monthly Theme: Get Hopeful**  
**Week 1: Light Up the Room**



“All of us light up a room, some when they enter, others when they leave.”  
~ Unknown



What do you think the phrase LIGHT UP THE ROOM means?



**Light a Candle** - It is said that a lit candle will lose nothing from lighting other candles. So, with your family, brainstorm what you can do for others to LIGHT their candles. On blank paper family members draw a lit candle. Then on the candle write down the actions you can do to help others GET HOPEFUL.



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