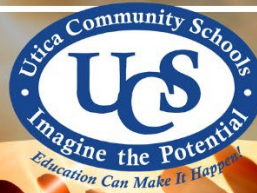


MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

Monthly Theme: **Get Hopeful**
Week 2: **Practice Positivity**



“A little progress each day add up to big results.”
~ Satya Nani



How might the words we use to describe ourselves affect us?



Create a Habit – Create a ritual within your family to share one good thing that happened to them or they saw happen. Then celbrae it. Soon, seeing the goodness and positivty around us becomes benefical habit.



Find additional resources at
www.uticak12.org/UCS_Wellness

