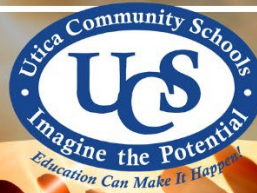


MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

Monthly Theme: **Get Courageous** Week 5: **Conquer a Fear**



“Don't ever make decisions based on fear. Make decisions based on hope and possibility”
~ Michelle Obama, Former First Lady and Author



Why might it **MATTER** that we face and **CONQUER** our **FEARS**?



VICTORY AWARD ~ Have family members identify people in their lives who have been "victorious" over a **FEAR**. Maybe someone learned how to ride a bike or swim underwater. Maybe someone was really nervous to give a speech or presentation. Perhaps someone accomplished something they thought they would fail at. Create a **VICTORY OVER FEAR** award for that person and honor them with that award. Recognizing **VICTORY OVER FEAR**, matters.