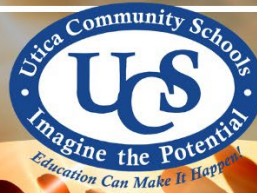


# MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

## Monthly Theme: Get Courageous Week 6: Stand For Something



“Be a good ancestor. Stand for something bigger than yourself. Add value to the earth during your sojourn.” ~ Marian Wright Edelman, Founder and President of the Children's Defense Fund



How might **STANDING FOR SOMETHING** require you to **GET COURAGEOUS**?



**STAND BY YOU** ~ When we have someone **STANDING BY US**, supporting and encouraging us, we can do amazing things. We all **STAND BY** each other in different ways. You might be a really good listener. You might be a fantastic encourager. You might be a strong shoulder for someone to lean on. You might always make space on the couch. Have family members make a **STAND BY YOU** commitment that shows what they will commit to doing to support and **STAND BY** each other. Have them write down their **STAND BY YOU** commitments on paper or post-its. Consider starting each statement with "I will **STAND BY YOU** by..." Display the commitments in a common place to remind each other that they have support, encouragement and unconditional love when needed.