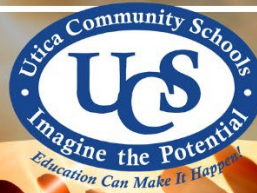


# MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

## Monthly Theme: Get Hopeful Week 7: Light Up The Room



“You have to find what sparks a light within you so that in your own way you can illuminate the world.” ~ Oprah Winfrey, American talk show host, producer and author



How can LIGHTING UP A ROOM and GETTING HOPEFUL help all of us connect to how much and why WE MATTER?



**ONE SPARK** ~ Each of us has a spark that ignites our LIGHT. It empowers our belief in ourselves. It fills our buckets with positivity. It is a thread that connects us to our HOPE when our HOPE is running low. Discuss with your family the things that spark your HOPE. Maybe it's a song that reminds you to raise your head high. Maybe it's a goal that you want to achieve. Maybe it's an important person in your life who unconditionally lends an ear, a shoulder or a hand. Identify your SPARK and ensure you LIGHT UP THE ROOM.



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