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EVERYMONDAYMATTERS

MAKING MONDAYS MATTER

WASHINGTON STATE CFD CALENDAR

JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
MONDAY GETS INSPIRED	MONDAY GETS CONNECTED	MONDAY GETS CARING	MONDAY GETS KIND	MONDAY GETS GIVING	MONDAY GETS THANKFUL
4 DISCOVER YOUR MISSION	1 GET OUT THERE	5 BE A BRIGHT LIGHT	3 SERVE IT UP	7 DONATE A LITTLE	5 GIVE THANKS
11 LIVE FULLY	8 WORK TOGETHER	12 ASK AND LISTEN	10 EXTEND KINDNESS	14 GIVE YOUR TIME	12 CONNECT TO FAMILY
18 INSPIRE OTHERS	15 SLOW YOUR ROLL	19 TAKE THE HIGH ROAD	17 CONSIDER "THEM"	21 SHARE YOUR SMILE	19 LOVE THE LITTLE THINGS
25 IMAGINE IF	22 SURPRISE SOMEONE	26 OFFER HOPE	24 CONSERVE MORE	28 CONSIDER FUTURE GENERATIONS	26 CELEBRATE GIVING
	29 PLAY MORE		31 BE YOUR OWN BIGGEST FAN		

EVERY MONTH A NEW THEME, EVERY MONDAY A NEW ACTION.

GIVING MATTERS

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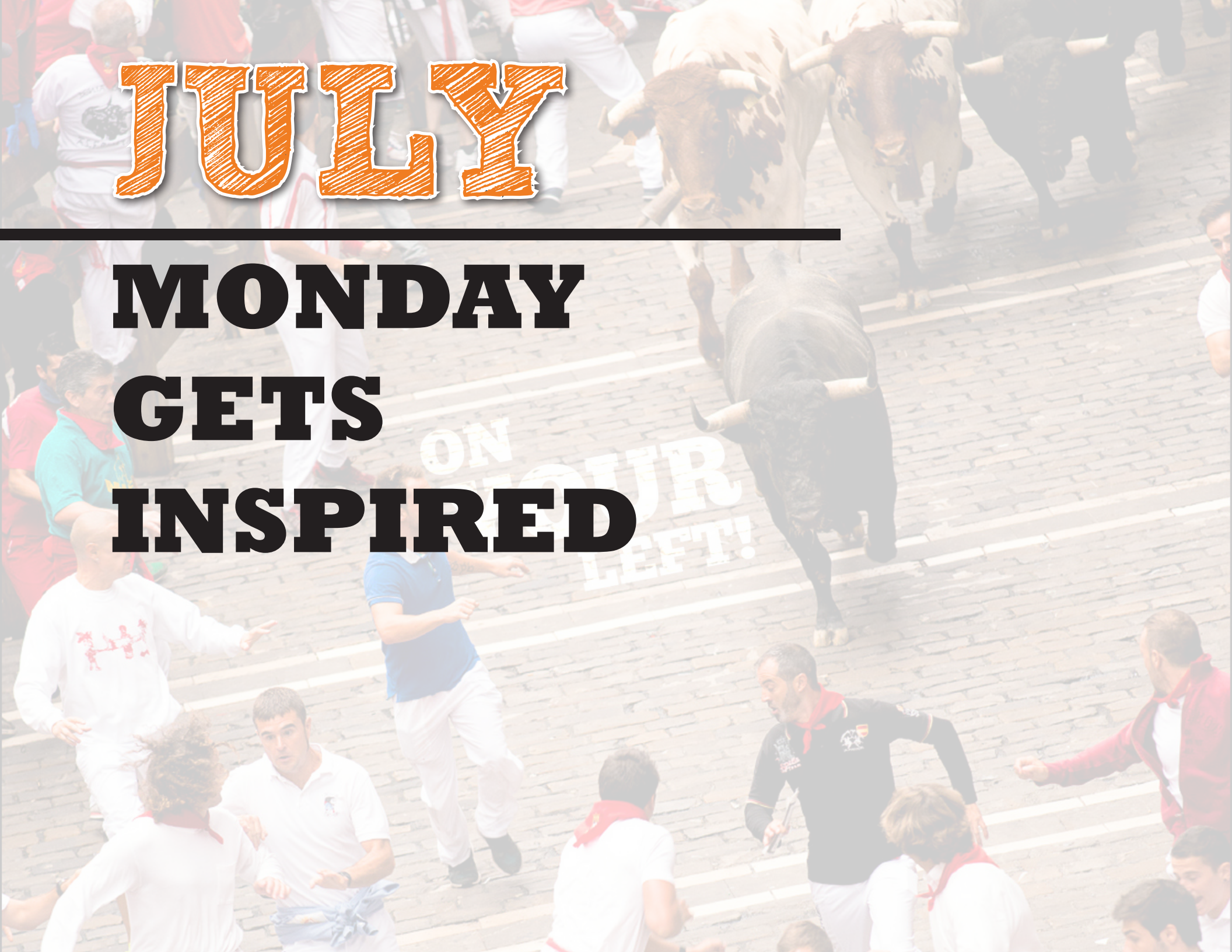
JULY
MONDAY
GETS
INSPIRED

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MONDAY GETS INSPIRED

DISCOVER YOUR MISSION

Who are you? What do you stand for? How would you want someone to describe you? We know... tough questions for the first week of the year. But these are also very important questions for us to answer. Every day offers each of us an opportunity to do something special... to make magic happen... to change the world. That's big, right? So let's get crackin'. The time is now. What drives you? Have you ever really spent the time to think about it? We think this is so important that we are kicking off 2016 with it. This week, it's time to DISCOVER YOUR MISSION. At Every Monday Matters, we believe that you are powerful beyond your wildest expectations. We believe that every word you speak, thought you have, and action you take has a tremendous impact on the world around you. That's pretty impressive and something we never doubt for a second. But one question remains, how are you going to channel that power? What gets you fired up? What interests you? Have you ever created a personal mission statement? Well, get ready, because it's time to commit... it will change you and the world. Discovering your mission matters.

TAKE ACTION

LO — **Pick three inspiring words that reflect what you, deep down inside, want to commit to this year. Then post some reminders of your three words in different places where you'll see them. Try saying your words every morning when you get up and before going to bed. Then see how you turn your words into action. Voila.**

MED — **Write a one sentence personal mission statement. If it helps, Google it and read examples and explore what your personal mission statement can include. Then just write it. You can always revise it over the next few weeks. So don't get hung up on it being perfect.**

HIGH — **Get together with friends or co-workers to help each other discover your personal missions. It might take a few gatherings over some food, regular walking dates, or just some long, crazy virtual meeting done over text messages or email. You can be the inspiration that makes it happen for you and your people. So go discover it... then live it.**

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MONDAY GETS INSPIRED

LIVE FULLY

Life is all about choices. It is really that simple. Sure, we have choices around what we are going to wear for the day and what we are going to have for lunch. And, yes, we think that fashion and food are definitely fun and important parts of expressing ourselves and enjoying life, but what about the bigger choices? What about the choices we make that directly shape who we are and how we show up every day? This week, we want you to choose to LIVE FULLY. There is a lot that happens around us each and every day that we can't control. Most of us don't have anything to do with the sun rising and setting every day or what our neighbor planted in their front yard. But, we do have control over more parts of our lives than we might want to admit. We do have total control over our thoughts, our actions, how we show up for other people, how we treat ourselves, and what we bring to the world. And, what if every one of us started each day with the idea that, today, I am going to be the best version of myself? That I am going to be an active participant in this thing called "Life" and be a positive influence on every part of it? Well, let's just find out. Living fully matters.

TAKE ACTION

LO — **Take 5 minutes, right now, to do something that makes you feel alive. It's okay, no one's judging you. Then, once you have done "it," really connect to how good it makes you feel and go share that feel-good energy with the world.**

MED — **Find ways to live fully every day in all of your worlds. Plan for it. Put it in your calendar. Make it a daily thing and get your family or your department involved. And, while you're at it, learn to relish and celebrate it.**

HIGH — **Examine the aspects of life where you might feel like you are not completely thriving. It's okay to dig in a little bit here and be honest with yourself. It's also okay to share this with someone you can trust. Then choose to reverse that trend by identifying new ways to start thriving again and make it happen.**

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MONDAY GETS INSPIRED

INSPIRE OTHERS

You are a ripple-effect wonder of the world. Whether you truly embrace this or not, you are constantly impacting those around you. They watch how you treat other people, they watch how you drive, they watch your facial expressions, and they listen to your words... even when you are not talking to them. See, being known is not just for celebrities who are constantly watched by paparazzi and the public. You are known as well. You are a role model and people are just waiting to see your next move. So, this week, we want you to INSPIRE OTHERS. We all know someone who could use a little pep talk... a little inspiration to get in the game and to start showing up for themselves. So, be an inspirational coach and give them your best locker room pre-game talk. Or maybe you can inspire someone by simply asking questions that help them discover something that ignites them and gets them fired up. Or maybe it is as simple as teaching someone something. And never forget that the best way to inspire others is to be inspired yourself. Remember, someone is always watching, so show them something inspirational. You are perfect for the job. Inspiring others matters.

TAKE ACTION

LO — **Answer this question: How do I inspire others? Hmmm. Stuck trying to find an answer? Then try looking to those who inspire you. Famous or not-so-famous. The people who inspire us are all around us. And in this case, imitating "inspiring others" is way more than just a form of flattery.**

MED — **Start each day with a clear goal for how you plan to inspire others. Then, at the end of the day, reflect on the reactions you observed and what you felt and experienced as a result of your intentional inspiring.**

HIGH — **Is there someone close to you who needs a lift, inspiration, or a big heap of hope? Reach out to that person regularly starting this week. Make being this person's inspiration a priority for the month or entire year. Trust us, you won't regret it.**

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MONDAY GETS INSPIRED

IMAGINE IF

Imagination is magical. Think about it. A lot of what exists in our world today started in someone's imagination. In other words, we, human beings, have the ability to "see" something that never existed. We could "see" the automobile before we built it. We could "see" walking on the moon before we took our first step. We could "see" pursuing a career, getting married, and having a family. In other words, significant things are created first in our imagination. Listening to our heads and our hearts helps us envision new images, realities, and possibilities. What can you "see"? What's in your head and your heart? What can you create? This week, we want you to complete the sentence IMAGINE IF... Maybe it is a more loving world. Maybe it is a healthier family life or stronger friendships. Or maybe it is a new way of learning for our youth or a new technology that makes travel quicker, safer, and more environmentally friendly. At EMM, we IMAGINE IF there was a new normal. And, we imagine millions of people imagining the same thing. How about you? Imagination matters.

TAKE ACTION

LO — **Take a few minutes this week to IMAGINE IF. Maybe it is a personal breakthrough or something for your family or community. Try to IMAGINE at least one thing you would love to see happen.**

MED — **Take some time to write about your IMAGINE IF idea. Go ahead and imagine something deeply. Close your eyes, if it helps. Really feel it. Think it through. What steps would make it a reality? Then write it out.**

HIGH — **Do an IMAGINE IF activity with your colleagues. Maybe it is something that propels your business. Or, maybe it is something that impacts the internal culture at work. Take it on as a group. Shared IMAGINATION is pretty powerful.**

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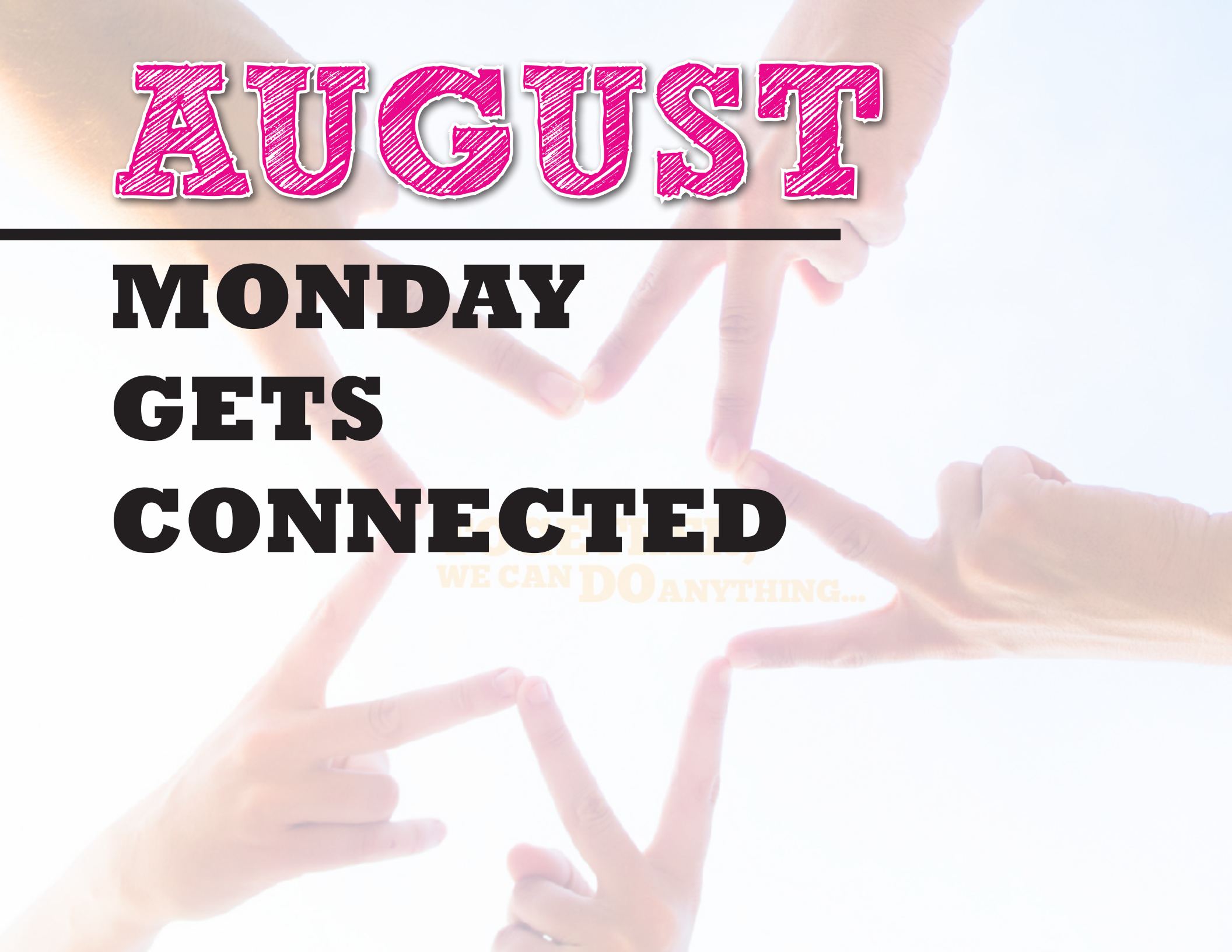
AUGUST
MONDAY
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CONNECTED

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MONDAY GETS CONNECTED

GET OUT THERE

Maybe we're weird; but have you ever thought about the fact that the Earth is just one huge spinning rock upon which each one of us has placed our individual stake in the ground and called it, "Home." You know... kind of in a "this is my plot of land" sort of way. But, then, as our little plots of land start to bump up to one another, we start to build something called a neighborhood, village, town, city... community. You see, sometimes it seems like people think that the "community" is "somewhere out there" and that they are actually not a part of it. But that goes against the very definition of what a community is. Without you, there isn't one. Same goes for your neighbor and every other person in your community. So, this week, we want you to GET OUT THERE. You are part of a team... a group of people, living in the same area, making a living, going to school, creating and recreating, pursuing interests, and doing life. So, plug into it. Go out for dinner, close by. Volunteer. See a performance. Visit the Farmers Market. Have some fun at the park or take a hike in your own backyard. Our communities will only be as good as each one of us wants them to be. So, go make them great. Getting out there matters.

TAKE ACTION

LO — **Jump on the Internet and do some research on your city. Learn its history, check out the scene, find volunteer opportunities. You might be surprised by how much it has to offer.**

MED — **Meet five new people in your community this week. Maybe it is your mailperson, your waiter or waitress, a new co-worker, the principal at your children's school or even your neighbor. Remember, we have to be a friend to have a friend.**

HIGH — **Pick one community outing per month to explore as a department or company. Maybe it is a concert in the park, the Farmers Market, or a giveback opportunity. Your call... just make it happen.**

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MONDAY GETS CONNECTED

WORK TOGETHER

We were designed for connection. We are social creatures and we thrive off of being with one another. After all, life is just not meant to be done alone. And, frankly, we love that. However, another truth that we can't deny is that every single morning each one of us wakes up and the first person we are greeted with is our self. Even if we share a bed with someone, we start the day on our own. This dynamic immediately throws us on a path of "me." What is "my" plan for the day? What responsibilities do "I" have? And, without knowing it, we are already well inside our little individual bubbles. This week, we want to flip the script. We want you to WORK TOGETHER. Working together has so much to offer. We accomplish tasks quicker and better, build relationships, learn new perspectives, share feedback, and thrive from an extra sense of belonging. So, let's take on a real "we" mentality this week. Let's team up and see how much we can achieve. Look around you and see where you can offer help. Or think about something you often do alone and consider asking someone to join you. Then do it again and again. Working together matters.

TAKE ACTION

LO — **Think about something that you do during a typical week and consider whether or not it would be more productive and/or enjoyable if you did it with someone else or even a team of people. Then give it a spin.**

MED — **Do you work or play on a team already? If so, what do you like about it? What would you change? Consider having a team meeting to discuss these types of questions. Working together is great... especially when its based on honesty and shared dedication to making it work.**

HIGH — **Start a new team or group. Be the inspiration that creates a new opportunity for people to connect and work together. Maybe it is a work task force that focuses on a new project. Or, maybe it is a softball team or walking group. You get to pick. All we care about is that you all work together to be awesome, once the group is formed. Have fun.**

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MONDAY GETS CONNECTED

SLOW YOUR ROLL

We know what you are thinking... "I don't have time to get everything done that I already need to get done. How can I possibly take time to slow down? I need two of me." We know. We have heard it before... several times. But we don't care. Yes, life gets busy... work, school, family, friends, meetings, practices, games, and exercise. And, we think that is great, because being busy with things that matter is good for you. However, we also know there are some things that take up a lot of our time that aren't "necessarily" necessary. So, this week, we want you to SLOW YOUR TIME on some of those things. You remember them... the ones that keep your eyes constantly starring at a screen and your ears constantly bombarded with noise. It's time to step away, turn it off, and slow it down. Taking time to get quiet, to close your eyes, to meditate, to pray, or to just do absolutely nothing has a profound impact on our health. It clears our mind, it releases stress, it slows our breathing, and it allows us to spend time reflecting on the things that matter most. So make time to get quiet. Slowing your roll matters.

TAKE ACTION

LO — **Take five minutes right this second to get quiet. Take a deep breath. Several, in fact. Seriously... just look away. We'll still be here after you're done.**

MED — **Identify one thing in your weekly schedule that you can do without. You know, it might fall into the "Waste of Time" category. Even if it is a short waste, we'll take it. Now, replace that "waster" with quiet time this week. Try to keep it going for more than just this week... you'll be glad you did.**

HIGH — **Make quiet time a daily ritual. Even if it is for 5-10 minutes, it is worth it. Maybe it is first thing in the morning or the last thing you do at the end of your workday before you head home. This daily ritual can literally change your life... so go for it. You matter.**

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MONDAY GETS CONNECTED

SURPRISE SOMEONE

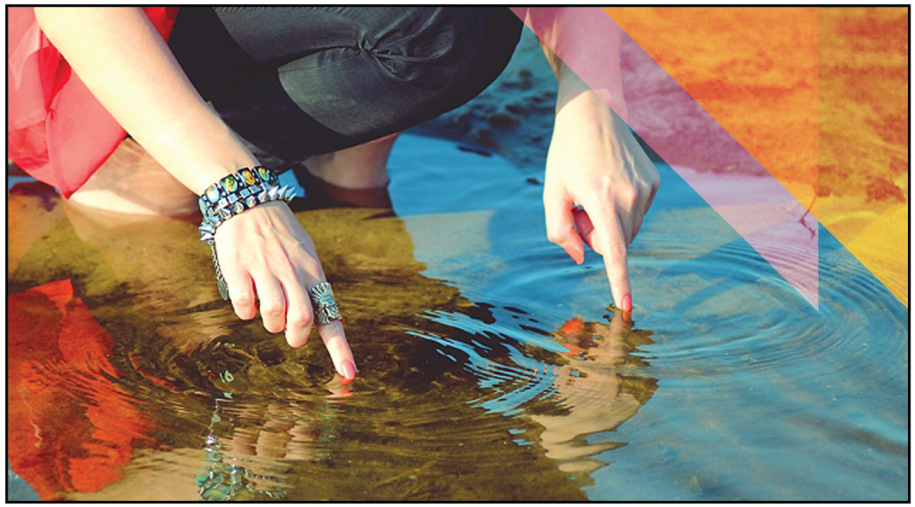
The cool thing about connecting with people is that it can often have a splash of surprise to it. And, who doesn't like a good surprise every now and then? Well, within reason, anyway. Surprising someone is fun and can be done in so many ways. Maybe it is a simple note in the sock drawer or taking out the garbage without having to be asked 3 times. Or, maybe it is something more elaborate like decorating someone's office or locker, or taking someone out for lunch. See, you are already starting to smile just thinking about the little sinister acts of joy you are ready to unleash on your friends and family. And, we love that about you. So, this week, we want you to SURPRISE SOMEONE. No, not in an April Fool's Day sort of way, rather in a way that lets the person on the other side of your surprise know how much they mean to you. Because surprising someone with kindness is one of the best ways to let them know how much they matter to you. And, that is pretty awesome. So, surprise away. Put some smiles on people's faces. And, good luck trying to do it without smiling yourself. Surprising someone matters.

TAKE ACTION

LO — **Plan one surprise for a special person you might be taking for granted or who would least expect it. Don't overthink it. Just make it a kind surprise.**

MED — **Pull off kind surprises for at least three people this week. When you surprise them, soak in their reaction and be mindful of how you feel, too. Guessing you'll be doing some more surprises more often.**

HIGH — **Plan a bunch of kind surprises for your customers, vendors and each other. Pick names out of a hat and surprise your person... whenever you decide the time is right. Of course, it has to be a surprise.**



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MONDAY GETS CONNECTED

PLAY MORE

The word "Play" is defined as: (verb) "To engage in activity for enjoyment and recreation rather than a serious or practical purpose." Wait, what? For "enjoyment and recreation"? So, why isn't "play" something we do like five times per day? Do we even think to play weekly or monthly? We think we know the answers (or excuses) we all use. We get buy. Too much work, chores, family obligations. Too many meetings, events, workouts. Yes, all the "serious and practical" stuff... we get it... but not this week. This week, we want you to PLAY MORE. And, we really mean it. Call up a friend and literally say the words, "Can you play today?" We don't care how old you are... you used do it all the time. Go to the park with your kids or your spouse, your friends or your neighbors. Play a game. Play hide and seek. Play anything. It's good for our soul. It's good for our relationships. And, it's good to step out of our "stuff" for a little bit to have fun more often. Life is meant to be enjoyed... at least part of the time. So, let's connect with being playful this week. Playing matters.

TAKE ACTION

LO — **Remember what it felt like when you were a kid and you knew you could play all summer? You can feel that way again. Honest. Go to a playgroup and swing. Get a basketball and dribble it for a while. Throw around a Frisbee with a friend. Be silly, like no one is watching.**

MED — **When was the last time you played hangman, gin rummy, or Uno? Bring some games into work you can play for 15 minutes with a few co-workers at lunch or plan a game night with some friends. Yahtzee!**

HIGH — **Organize a few department games over the summer. Invite other departments and/or family members to join in the fun. It's light out after work now – so find a park, bring some equipment, and get going. Have a ball.**

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SEPTEMBER

MONDAY GETS CARING

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MONDAY GETS CARING

BE A BRIGHT LIGHT

Gossip, bullying, negativity, aggression, scandal... Yuck. These are topics that not only make us feel a deep sense of sadness and darkness, but they are also really difficult to avoid. Between the Internet, social media, television, smart phones, etc., it's difficult to ignore these types of stories and messages. But there is something extremely weak about "darkness," because, at the end of the day, "darkness" isn't a thing. It's really just the absence of something... and that "something" is called "light." In other words, if there is light, darkness takes a hike. So, this week, we want you to BE A BRIGHT LIGHT. That's it. Pretty simple. Raise the bar... talk about someone else in a super-positive way, treat someone behind you in line, hold the door open for someone, give someone a compliment, show someone your smile. The options are endless, so you make the call. But, just like that, we have completely switched the energy in the room. We didn't have to turn anything off; we just had to turn something on. And, while you are at it, take notice of how it makes the people around you and yourself feel. We think you will enjoy it. Being a bright light matters.

TAKE ACTION

LO — **Think about a situation that you have been in recently where you possibly could have been more of a bright light. Be honest with yourself... without beating yourself up, of course. It's just good to reflect and grow... that way you are ready to "shine" the next time it happens.**

MED — **Pick a day this week that is your big "Smile Day." That's right... we want you to smile more than ever. Smile at yourself in the mirror. Smile at your family, friends, or co-workers. Even keep count of your smiles. All we can say is that if your face doesn't hurt by the end of the day, you probably haven't smiled enough.**

HIGH — **Create a "Bright Light Award" that you can give to people when you see them being a being a bright light. Maybe it is sticker that you give out multiple times throughout the week. Or maybe it is gift card that you give out once per week. Honoring and celebrating our bright lights is a good thing. So, go light them up even brighter.**

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MONDAY GETS CARING

ASK AND LISTEN

In looking at how we can be more caring this month, we kept coming back to the concept of "listening." As we listened to ourselves and tried to understand why we kept coming back to it, we realized that a lot of what it takes to care in this life comes down to understanding. It is about sharing, learning, growing, honoring, relating. And, none of this can happen if no one is listening. Which is why this week, we want you to ASK AND LISTEN. The reason we added that "ask" element is that asking questions is the perfect way to show someone you care enough to ask, so you can listen carefully to what they have to say. They go hand-in-hand. But the key is that you're 100% listening to the answer and not formulating your response at the same time. Try it... it is not as easy as it sounds. Ask your co-workers to suggest some things they'd like to change around the workplace. Ask your mate or kids where they see themselves in 5 years. Then listen. Really listen. Not only will you learn a ton and become a better "listener," you will also become a better "asker." Good "askers" are pretty cool, too. Asking and listening matters.

TAKE ACTION

LO — **Be a great listener this week. Repeat what you hear people saying to you as a part of your answer. It will help show them that you really listened.**

MED — **Go out of your way to ask someone at work or in your personal life for their thoughts, ideas or opinions about something important to you. Be sure to really listen to their answers. Ask questions that help you truly understand what they think, and, if appropriate, try to apply their suggestions moving forward.**

HIGH — **Gather as a team or department or group of friends and have a "Question Jar" session. Let people contribute questions. Then, have each person pull out a question, read it out loud, then answer the question while everyone listens. Have fun with it. And, really listen up.**

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MONDAY GETS CARING

TAKE THE HIGH ROAD

As humans, we often prioritize being right as more important than being caring. It is almost like we see being kind or caring as "losing" and being right as "winning." But what does that really get us? The answer is "nothing." Well, maybe it gets us some sort of personal satisfaction and feeds our ego a little bit. But is that really "winning" us anything? In fact, maybe we have it completely backwards... and being a caring person is actually the way to "win." So, this week, we want you to TAKE THE HIGH ROAD. Unfortunately, there might be a situation, this week, where you feel like someone has wronged you, or you find yourself in a disagreement, or you are presented with having to decide between doing the generous thing or doing what appears to be the best thing for you. In any of these circumstances, see them as opportunities to choose differently... to choose caring. To not make it about you, rather to make it about lifting someone else up. Because, as soon as we choose caring, in any of those situations, we can then move forward together and get on to creating beautiful and better things. That, is what we call "winning." Taking the high road matters.

TAKE ACTION

LO — **Add a "High Road" post-it note to your computer monitor, office area or at home. Let it work as a helpful reminder to choose "caring for others," by taking the high road today and every day going forward.**

MED — **Pick someone you may have taken the low, or more selfish, road with recently, and reach out to make amends. Offer an apology. Work to look at things from their perspective going forward.**

HIGH — **Discuss with your co-workers how you can take the high road when dealing with challenging internal or external customers. Make and post a list of "High-Road" approaches to help everyone know how the high road works. Co-workers can use these with each other too, by the way.**

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MONDAY GETS CARING

OFFER HOPE

Hope is an awesome word. There's no way to say the word "hope" and not feel a sense of excitement, progress, possibilities, and new horizons. But "hope" can also conjure up tougher thoughts, because we often don't think of or use the word "hope" until we see or feel something depressing, sad, or dark. But even then, it sure is comforting to know that we can always have hope... because it carries us. So, this week, we want you to OFFER HOPE in one of two ways. Maybe you know someone who is going through a rough patch in life and they could use some words of encouragement and a good friend to help them see beyond their current situation. If you do, go ahead, offer them hope. Or maybe you are someone who just likes to think about how the future could look and believes good things are possible, and better yet, wants to do something about it. Maybe you hope for more learning gardens in schools or clean water for everyone or world peace. Without this vision and your all-important hope, there is no way these things will become a reality. And, as you make your hopes known, you will also give hope to those around you... which is another way of offering hope. Get it? Offering hope matters.

TAKE ACTION

LO — **What do you think of when you think of hope? Write yourself a little inspirational message and post it somewhere you'll see it every day. Life without hope is, well... hopeless.**

MED — **Take a minute to think of someone who could use a little or big dose of hope right about now. What can you do to reach out to them? Listen? Express your belief in them? Tell them you're there to help?**

HIGH — **Are there people in your immediate community you see regularly, who could use some hope? Maybe it's in the form of a hot cup of tea, a meal, an intentional and caring conversation, a note of encouragement, a smile and hug or handshake. Organize a team to offer hope to those in need who are right around the corner.**

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OCTOBER

MONDAY GETS KIND

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MONDAY GETS KIND

SERVE IT UP

Ever stopped to think about how many people serve you on a daily basis? No, really. Let's see if we can help you... chefs, waiters, baristas, trash collectors, dry cleaners, grocery store clerks, shelf stockers, bank tellers, street cleaners, parks and recreation employees, teachers, gym trainers, water delivery people, law enforcement officers, firefighters, military personnel, janitors, doctors, nurses, package and mail carriers, family members, friends, strangers. Starting to get the idea? Every day each one of us gets served with kindness a hundred times over. But the question is: How much kindness do we give back? So, this week, we want you to SERVE IT UP to those who serve you each and every day. You know, they are the ones we have made sort of "invisible." We probably don't even know their names... and that kind of says it all. It's time for all of us to do a better job of acknowledging those who make our lives better. Even if we are paying money for the service they provide. It doesn't mean they don't deserve our kindness. Being kind to those who are quietly kind to us matters. So, serve it up.

TAKE ACTION

LO — **Create a list of all the people who serve you on a daily, weekly or monthly basis. Then reflect on how you interact with them and how you can treat them with even greater kindness.**

MED — **Make a commitment to learn the names of three people who serve up kindness to you on a regular basis. Even better, come up with a kind way to let them know how much you appreciate them.**

HIGH — **Take time, as a group, to review how other departments and vendors serve you. Then, get a game plan in place for how you can serve up a bit more kindness when working with those super-service-oriented people that you SO depend on.**

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MONDAY GETS KIND

EXTEND KINDNESS

Ever seen those photos of two completely different animal species helping one another? You know, like Remoras and sharks or Plovers and crocodiles? They are called "Symbiotic Relationships," meaning they are win-win relationships. As people, being kind to one another can also be loosely seen as "Symbiotic," even though it is in an inner-species sort of way. And, we love that so much that being kind is our focus for this entire month. However, this week, we want you to EXTEND YOUR KINDNESS to other living things in our lives, that aren't human, but are sure kind to us. No, you don't need to clean a shark's skin or pick food out of a crocodile's teeth, but we want you to take it beyond the level of, "I feed my pet cat or dog and they give me love in return." It's time to take it up a notch... take them on a new walk, buy them a new toy, or give them an extra hug... every day. Or, maybe there is a nearby animal shelter that needs a little help. Or even a special little soul that needs a home. Let's take this opportunity to extend some human kindness to our little furry friends. After all, they love us unconditionally... and, so can we. Extending kindness matters.

TAKE ACTION

LO — **Donate money or supplies to your local animal shelter. Most shelters list the types of things they need on their websites or have that magic donate button always available.**

MED — **Go that extra mile for a beloved pet. Take him or her for a longer walk than usual, spend more time petting them, offer to pet-sit and spend "quality" time with a friend or neighbor's beloved member of the family.**

HIGH — **If you can't adopt a pet, connect with your local animal shelter or service animal organization and find out how you can help. Conduct a supplies drive, offer to walk their dogs, or clean some stables. Animals, and those who care for them, need your help.**

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MONDAY GETS KIND

CONSIDER "THEM"

You know how strongly we believe in how having differences in the world is a good thing and should be celebrated. We also want everyone to connect with the idea that just because we are different, doesn't mean we are disconnected. So, no more "Them" and "Us" thinking. It is all "We" stuff. But there are some situations that readily occur in life that can create that disconnected feeling. How about the first day on the new job? Or, the first day at a new school? There is truly nothing worse than that feeling of loneliness and isolation that comes with being the "new kid." And, chances are we have all felt it... which means we should also be more sensitive and aware of situations where other people might be feeling it. So, this week, it's time for all of us to CONSIDER "THEM." See a new neighbor move onto your street? Make a point to introduce yourself. Have a new co-worker or classmate? Don't let them eat lunch alone. It is truly just a matter of being aware of the people around you and knowing that your kindness will be appreciated... because it will be. Considering "them" matters.

TAKE ACTION

LO

It's summer, which means people are traveling. This also means it is really easy to spot people who are "new." Hint: If they are holding a map or looking at a map on their phone and seem confused, they are "new." So, instead of watching our tourists struggle, offer them some help.

MED

Ever visited a place of work where the person helping you was clearly on their first day or week? We have all been there, and we have all experienced it. So, next time it happens, not only be patient, but also be friendly and supportive. Don't be the grumpy customer, be the encouraging one.

HIGH

Remember your first day at your place of work? How did it feel? Well, since you started working there, there have been several new hires. But how many of them did you go out of your way to meet? Consider yourself part of your organization's welcoming committee and be that happy greeter. Trust us, you will calm a lot of nerves and make some great new friends.

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MONDAY GETS KIND

CONSERVE MORE

You are a natural-born marketer. In fact, when it comes to marketing, you might be as good as it gets. Don't believe us? Well, let us prove it. What is the last movie you saw? What is last restaurant you ate at? What was the last book you read? We have one question... did you tell anyone about it? Whether your experience was good or bad, we know that you told at least one person about it. In fact, if it was a good experience, you probably told at least five people... and, if it was bad, more like ten. Well, if we all do it for movies, food, and books, then why don't we do it for our environment? This week, it is time for all of us to get the word out to CONSERVE MORE. We share and re-share posts on Facebook, Twitter, and Instagram. It makes us cool to be "in the know," plus it lets everyone see all of the awesome things we are all doing. But, why aren't we promoting how we can all be conserving our resources, wasting less, and helping our planet. That's some big news worth sharing, don't you think? We think so, and hope that, this week and all the weeks to come, you hold your head high and proudly say, "I care about our environment and I am going to go to bat for it." Conserving more matters.

TAKE ACTION

LO — **Use less. Just by using less, you will already be conserving more. Less water, less paper, less gas, less food, less... you get the idea. Find ways to cut down your consumption and see if you might inspire a few others in your life to do the same.**

MED — **Pick an endangered species you care about and do a little research on them and those who are working to protect them. Find simple ways you can support these special creatures, whether it's signing an online petition, attending a fundraiser, or ordering and wearing a t-shirt that raises awareness.**

HIGH — **Find a local conservation group and volunteer. Most organizations offer partial- or full-day volunteer opportunities to get your hands on helping to save and maintain local habitats. And, who knows? If you like it, you may become a regular... and conserving more will become part of your personal mission in life.**

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MONDAY GETS KIND

BE YOUR OWN BIGGEST FAN

You've probably figured out by now that we're big believers in spreading love and kindness throughout the world. But we decided that this week, we needed to add a slight twist to that "spreading" idea. After all, we put a lot of pressure on ourselves. Being a star, stepping up our game, giving that much more, taking risks, and raising the bar is big for most of us. We get it. We also know that it takes courage and a strong sense of belief in our abilities to really move the needle on life. There is no time or space for fear or doubt; we need conviction, faith, desire, and fans. Yes, we said, "Fans." So, this week, we want you to BE YOUR OWN BIGGEST FAN. Go ahead... grab one of those big foam Number 1 fingers, look in the mirror, and let yourself know how awesome you are. Because you are. Everything we create in life starts with believing that we can. So, cheer yourself on. Show yourself a little kindness and then some more. Be confident. And, once you're riding high on yourself, just watch how people jump on board. Next thing you know, you will be selling out stadiums and accomplishing your wildest dreams. Believing in yourself matters... so fan up.

TAKE ACTION

LO **"2,4,6,8. Who do you appreciate?" Give yourself a cheer. No, really... in the car, over your cereal, in the bathroom. You matter... own it.**

MED **Pick 5 ways to be your own biggest fan and then do them regularly. Maybe it's putting up a few BIGGEST FAN Post-its, adding a few "I Matter" reminders around the house, or thinking about all of the great stuff YOU did today and complimenting yourself for them. We promise. It won't hurt.**

HIGH **As you grow in your belief in yourself, your self-confidence, and your comfort level with acknowledging your own awesomeness, help those around you do the same. Be THEIR BIGGEST FAN. Make your department one big FAN section and watch the impact it has on all of you.**

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MONDAY GETS GIVING

DONATE A LITTLE

In our Super-Size, Big-Gulp, Win-the-Lottery culture, we are constantly communicated the message that more is better. Bigger meal, bigger home, bigger bank account, etc. But is this really the case? Isn't too much of a bad thing a bad thing? And isn't there such a thing as "enough" and too much becomes just that... too much? We think so. We also think that this kind of thinking ignores the power of small gestures and has a way of making us not feel good enough or adequate. But this is just not the case. In fact, we think that a little of a good thing is a pretty awesome thing. So, this week, we want you to DONATE A LITTLE. If you asked any organization that receives donations, either in the form of money or goods, whether they would rather receive $1 from a million people or $1 million from one person, they would say the former. And, we believe that this is how we truly change the world... by everyone chipping in a little. So take a moment to give a little this week. Even your coins can add up. Donating a little matters.

TAKE ACTION

LO — **Take an hour or two to pull some gently used things from your closets and donate them to a local organization that's doing the good work of helping those in need.**

MED — **Put spare change, or even $1, $2 or $5 dollars, every day into a jar. At the end of the month, donate it to one or more organizations that speak to you. Then keep that habit up all year. We thank you for your generosity.**

HIGH — **Organize not just one, but several drives over the next few weeks. Announce the drives and dates in advance. Send reminders to help boost donations. Ask volunteers to drop things off at the various sites and to share the special joy of making it happen and representing your awesome team.**

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MONDAY GETS GIVING

GIVE YOUR TIME

Time is the most precious thing we have in life. We can't stop it, we only get so much of it, and we ultimately never know how much of it we actually get. We don't say this in an effort to bum everyone out; rather, we share this to make the point that we all need to cherish it more than we do. And, because it is so precious, when we give our time, we are actually making the most generous gesture of all. So, this week, we want you to GIVE YOUR TIME. Each of us has 1,440 minutes per day, 10,080 minutes per week, and 525,600 minutes per year. The question is, how many of those minutes to generously offer to someone else? Is it 1%, 5%, 10%? Of course, we know that many of those minutes are spent at work or taking care of all that personal business. And, yes, some of that time is spent sleeping. However, we also think the point is pretty clear... giving of our time is something we could all get a little better at doing and there is nothing that means more. So, take a look around, who is someone in your life that might benefit from your time? Then go give it to them. They will appreciate it more than we might know. Giving your time matters.

TAKE ACTION

LO — **Give 5 minutes each day to take a short walk. But make it the kind of walk that's good for you, your neighborhood, and the planet. Bring gloves and a bag to collect trash along the way. Done.**

MED — **Create coupons that promise the "gift of time" that you can share with the special people in your life at work or home. Make a few different ones with various amounts of time on them. When you give them out, be prepared to not only make someone's day, but to also feel amazingly generous.**

HIGH — **Organize a volunteer event at a local agency who could use your team's talents and help. If it's a hit, plan a regular monthly opportunity to give more of that precious thing that feels so good to donate freely... your time.**

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MONDAY GETS GIVING

SHARE YOUR SMILE

Just like a photograph, a smile is worth a thousands words. And, in the spirit of giving, what better gift to give than your smile? Smiles are free to share and you have an endless supply of them. They cheer you up when you're having a bad day... even if you are all by yourself. Better yet, they positively impact those around you... even total strangers. So simple, yet so powerful. It's time to warm up those cheek muscles, because this week, we want you to SHARE YOUR SMILE. Try it at work with co-workers or customers... from the first person you greet in the morning to the last person you see before heading home for the day. See if it affects the kind of day you have at the office and the interactions you have with your colleagues. And then, when you're at the grocery store, the dry cleaners, and at home with your family. Smiling causes happiness and is the easiest gift to give. Don't just take our word for it; there are plenty of studies to back it up. So, just make it happen... just not in a creepy way. Share the gift of your smile, because there is no smile just like yours. Smiling matters.

TAKE ACTION

LO — **Commit to smiling at a minimum of 15 people today. Keep count, if you have too. And, of course, don't be afraid to go for 20 or more.**

MED — **Take your smile online. Post a selfie of yourself smiling and encourage your colleagues to do the same. Nothing wrong with a little viral smile campaign.**

HIGH — **Create a "Smile Booth" on campus or have a "Smile Contest." You can make it a department contest to see how many people you can get to smile. Of course, photo proof is necessary. Just thinking about the ideas puts a smile on your face. Now go for it.**

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MONDAY GETS GIVING

CONSIDER FUTURE GENERATIONS

Whether you have embraced this or not, you impact future generations. Yes, even generations that haven't been born yet. Parents with young children really seem to get this, because every day they look at the little people they created and wonder what the next 80 years holds for them. But shouldn't all of us see things this way? What if all of us used the statement, "What would be best for the generations that will come after me?" as our decision-making filter? Would that change anything for you? Let's see if it does. This week, we want all of us to CONSIDER FUTURE GENERATIONS. Will this change the way we treat the environment? Will this help us take better care of our own health? Will this allow us to really own the importance of being good role models? Will this change the way we spend our time? It's time for all of us to strive to leave this world a better place than the way we found it. Yes, we matter... but it's not all about us. It's about the future and all of the young lives that we can set up for a beautiful life. Our future generations matter, so let's show them how much they really do.

TAKE ACTION

LO — **Is there a young person in your life whom you need to or could put first more often? Make sure you're taking positive actions that can make a difference to that young person.**

MED — **Take a few minutes to research how you can help a local youth organization. Chances are they are seeking volunteers, mentors, donations, etc. Get involved and become an active member of our future generations' success team.**

HIGH — **Plan a "shadow" day for local high school students to spend time at your company. Assign each student to a specific employee and ask that employee to teach their student about the company and their job. Wrap things up with an end-of-day social to celebrate and reflect on what the future holds and how the actions we take today can make a big difference for our future. If it's a hit, make it a regular thing.**

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DECEMBER

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MONDAY GETS THANKFUL

GIVE THANKS

There are two questions that we know you will be asked this month: (1) Have you started or finished your holiday shopping? (2) What did you put on your holiday wish list? Both of these questions completely support the notion that the holidays are all about things that are purchased in a store. But, are things that can be bought the only things we can give? Even more challenging to the whole gift-giving thing is... have you ever thought about putting gratitude and appreciation on your own holiday wish list? Hmmm. Now we're getting somewhere. This week, is all about GIVING THANKS. See, being thankful and grateful is a state of mind that all of us should strive to maintain. It is healing, both for us and for those around us... and it is really just a choice. But it starts with us taking a moment to consider what, in fact, we are thankful for. Only you can answer that question for yourself. So, this week, take a moment to ponder it and then go give thanks to anyone and everyone that comes to mind. We have a feeling you will create quite a list of people. Giving thanks matters.

TAKE ACTION

LO — **Get in the habit of giving thanks daily. Do it for a minute in the morning and again at night. And see how many times you can say "thank you" throughout your day. Just say it with meaning when you do... it will be fun.**

MED — **When is the last time you wrote a thank you note to someone? We mean the handwritten kind. Well, now is the time to write one. Think of someone who did something special for you recently and write them a quick note. We promise, they will love it.**

HIGH — **Coordinate a THANK-YOU-CARD-a-thon. Get together with a group of co-workers, friends or family members and write thank you cards for everyone you have wanted to thank this year, but never got around to doing.**

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MONDAY GETS THANKFUL

CONNECT TO FAMILY

Family is everything. Yes, our world is filled with introverts and extraverts and some of us are just more social than others; but, humans are social beings and life is not meant to be lived alone. During both the good times and the bad, we all need people to share moments with and to connect to. We like to call those people, "Family." So, this week, we want you to CONNECT TO FAMILY. First of all, it's important to know that most of us have several families. We might have our biological family or our friend family. Or maybe we have our team family or our neighborhood family. Or maybe it's bigger like our faith family or college family. You get the idea... we are surrounded by families and a member of many. We think this is pretty awesome. The question then becomes, how much quality time do we spend really connecting with our families? Do you know where your grandparents grew up or how many siblings they have? Have you ever asked your neighbors about their interests? How about what a special family member's favorite way is to spend time with you? It's time to start asking some questions. It's time to dig in. Connecting to family matters.

TAKE ACTION

LO — **Take a few minutes to think of a loved one who has passed. Think about what made them special, how your time together meant something... then turn your thinking towards doing more of that with the family you can still connect to today.**

MED — **Plan an evening dedicated to spending time with family. Remember; family can be anyone you have a special bond with. Ask for ideas on what they'd like to do together. Find something that works for everyone and connect. Who knows, you might start a new quality family time tradition.**

HIGH — **Reach out to one or more family members who are far away or you haven't talked to in a long time. Don't focus on excuses or apologies. Jump in and re-connect, as if not a day has gone by or the miles or life has separated you.**

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MONDAY GETS THANKFUL

LOVE THE LITTLE THINGS

No two snowflakes are alike. It's pretty remarkable that not every possible type of snowflake has appeared before. We know this, yet the uniqueness of snowflakes is not something most of us spend a lot of time thinking about. Heck, most of us don't even think about snowflakes at all... we just think "snow." But ask yourself; why is it so hard to notice the little things? We believe, in the smallest of ways, there is so much beauty and so much to be thankful for. So this week, we want you to LOVE THE LITTLE THINGS. Have you seen an autumn leaf float by you recently? Did you stop to enjoy the moment? Has someone opened a door for you lately? Did you acknowledge them for it? Every day there are mini-events that take place and things we enjoy that we often just let pass us by without taking a moment to notice and appreciate them. However, it's time for all of us to do a better job of being thankful for all of those little things. After all, our lives are a string of little moments, and if we care to stop and notice, we enrich our lives and others around us will feel richer too. Loving the little things matters.

TAKE ACTION

LO — **Be the person this week that helps everyone around you appreciate the little things. Go ahead. Point out the fun of seeing your breath in the cold, the smell of something spicy, a funny situation. They all add up to making life awesome.**

MED — **Is there a "little thing" you have been dying to treat yourself to but for one reason or another you just haven't? Then today is your day. Do it. And, when you do, enjoy it.**

HIGH — **Set a goal to do little things for the people in your life every day of this week. Plan out who, what, where, when and how. Then let the "little things" games begin.**

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MONDAY GETS THANKFUL

CELEBRATE GIVING

If you weren't convinced before, we absolutely hope you have formed a new opinion about GIVING. Yes, we believe that GIVING MATTERS, and we have done our best over the past six months to really bring this message home. Thankfully, you have responded... in a big way. For that, we say, "Thank you." Because of you, we are going to have a huge impact on the state of Washington. From people to animals to our environment... you name it. You have made it possible for the amazing agencies throughout our great state to do their jobs even better. At the same time, we hope that this campaign has brought you a real sense of how much YOU MATTER. Because you do. You matter to yourself, your friends and family, your colleagues, your community and to the world. Never, ever, doubt it. See, giving is not just good for those who receive it; it is also good for the giver. We hope you felt it. With that, we have one final thing to do this week... it's time to CELEBRATE GIVING. Yes, we said, "Celebrate." Of course, none us needs to boast about what we accomplished, but it is absolutely good and healthy to stand tall, be proud, reflect, and celebrate what we just did together. Celebrating giving matters.

TAKE ACTION

LO — **Give "High 5's" to everyone within your team or department and proudly say, "You Matter."**

MED — **Spend some time reflecting on everything you achieved for this year's drive. Talk about what you could have changed or improved on, then CELEBRATE everything you did well. Personal and team reflection is also an important part of celebration... it allows us to capture ideas while the experience is still fresh in our minds.**

HIGH — **Go big. That's right, throw a party. Invite everyone to come celebrate the impact they've had. Let them know who much they're appreciated and how much they matter to your organization and to the state of Washington. And, really reinforce the GIVING MATTERS message and remind them giving will never stop mattering. Oh... and make sure to have a tons of fun. You've earned it.**

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