



MONDAYS

with Mike

AULTCARE

Weekly PLAN

monday

A Tribute to Dr. Martin Luther King, Jr.

This week, we have the opportunity to celebrate and honor one of our country's greatest diplomats, ambassadors of peace and leadership, and overall missionary of hope and wisdom. Dr. Martin Luther King was a galvanizing force in terms of how relationships and civil rights should exist in our country, as well as in our overall culture. Of his many profound messages, the following two stand out as we manage our families, work environments, and overall daily relationships:

Everybody can be great because everyone can serve.

~ The energy of selflessness and contribution emerge from the energy in this quote. Being great means helping others to be better, or to be lifted up and made stronger because of our time with them. Let's choose to be great in this way!

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

~ Yes, when life is moving along without struggle or challenge, we measure up nicely. However, when struggle, challenge, sickness, inconvenience, and fatigue are present, where do we move? Do we stand and deliver in the face of these negative circumstances, or do we "move away" from them, allowing them to defeat and dominate us? Let's "measure up" and stand tall in the face of challenge. Stare it down with values, principles, perseverance, and belief! When we do this, we honor the treasured gift of the human spirit!

This week, take time to reflect upon the inspirational life and teachings of Dr. King by reflecting upon our response to these two quotes. We honor him in doing so, as well as honoring the value of the human spirit and its effect on those in our lives.

Have a great week!

