



From the 23 WG/HC "Thought of the Day" series:

Chaplain Cuneio encourages us to **take advantage of waiting**

Use the time we are required to wait to greatest benefit.

Stuck in traffic?

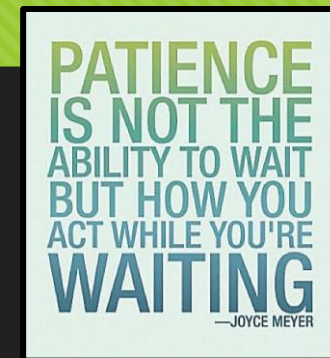
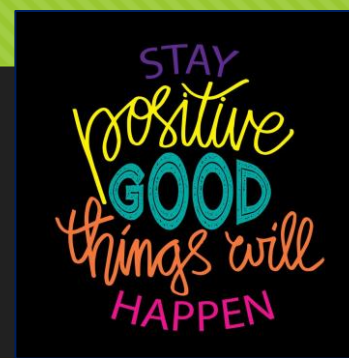
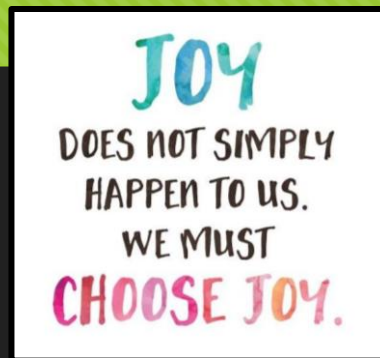
Waiting in line?

Forced to pause for reason X, Y or Z?



Use waiting times to **CENTER YOUR THOUGHTS** and **LIFT OTHERS:**

Pray ✦ Express thankfulness ✦ Share encouragement ✦ Reflect & recharge



en·cour·age·ment

/in 'kærɪjmənt

*noun*

something that makes someone more determined, hopeful or confident.

**When did you last receive a much-needed word of encouragement?**

**How did it positively impact you?**

**ENCOURAGE OTHERS!**

**You may never know the impact your words have, but they will create a positive boost that can change someone's outlook for a day, a week or a lifetime!**



**Listen to the Chaplain's 4 min message on encouragement:**

**<https://www.moody.af.mil/News/Video/video/751105/dvpcc/false/#DVIDSVideoPlayer20600>**