



Health & Wellbeing

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Setting Goals and Dreaming Dreams

Wow what a roller coaster of a year we have just had. I don't know about anyone else but there has been many times over the last 9 months or so I have wanted to scream "stop the ride, I want to get off!" The beginning of a new year often is a time when we think about New Years Resolutions, or new fitness programmes or even a new career. This year, for me the new year has meant - try to keep your head up and get through each day. The themes of these newsletters are planned ahead of time and what an obvious title for January - setting goals and dreaming dreams. Truth be told, I hadn't expected to struggle to even begin to think about new goals or feel intimidated and disheartened by reading everyone's goals on social media - feeling like a failure before I even started!

However, I read one post on Facebook recently that made me feel a little more hopeful. It was from Miranda Hart that I felt was the best 'inspirational' post for the new year and one that made me get into gear and think; "maybe I could get on board with that." Here's what it said:

"I am not seeing tomorrow as the start of a whole new year with inevitable unrealistic expectations. I am not seeing it as a day to make unkind pressurised personal goals. I am taking ONE DAY AT A TIME. THEN I feel hopeful. Then I feel excited about possible changes I want to see and make. Because I am only doing one day at a time. I also feel joyful as despite everything that might come our way I can find a moment of joy in one day. Each day has enough trouble of each own. Why think about a year?! So I have decided not to! HAPPY ONE DAY AT A TIME. Happy today. Tomorrow is neither here yet or means a sudden change of anything. Go gently and everyday do what you need, what you can and what you love. Then we will be all right." (Miranda Hart)

This is something I can get on board with, even at the beginning of this strange year. There is hope ahead, but for today I am going to think about today. What is my goal for today? How am I going to achieve it and how does that feed into perhaps a bigger goal? Hopefully this newsletter will provide some helpful tips to get us all started in looking up, looking forward and looking ahead.

GOAL

Here are some simple ideas for getting started with looking at ONE DAY AT A TIME. Small, manageable tasks to nourish your mind and prepare you for facing bigger goals. Pick one!

Get up when your alarm goes off.	Stay offline for one day a week.
Limit screen time after work.	Read 20 pages of a book every day.
Walk after lunch or dinner.	Drink more water in a day.
Eat more vegetables.	Prepare a meal planner for the week.
Go to bed at a reasonable time.	Explore a new place.
Reach out to someone.	Get started on one thing you have been putting off.
Start a gratitude journal.	Take a 'me' day.

Ready, Set, Go!

All we need to do is take the first step.
The first step on the ladder.
Then we take the next step.
Little by little. Small, small!

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Practical ideas to help you dream dreams and set goals.

For those of you wanting the challenge of setting a bigger goal or are dreaming bigger dreams

Golden Rules of Goal Setting

To accomplish goals, you first need to know how to set them. You can't simply say, "I want" and expect it to happen. Goal setting is a process that starts with careful consideration of what you want to achieve, and requires a lot of hard work to actually do it. In between, there are some very well-defined steps that transcend the specifics of each goal. Knowing these steps will allow you to formulate goals that you can accomplish.

1. Set Goals That Motivate You

When you set goals for yourself, it is important that they motivate you: this means making sure that they are important to you, and that there is value in achieving them. If you have little interest in the outcome, or they are irrelevant given the larger picture, then the chances of you putting in the work to make them happen is slim. Motivation is key to achieving goals.

2. Set SMART Goals

You have probably heard of SMART goals already. But do you always apply the rule? The simple fact is that for goals to be powerful, they should be designed to be SMART. There are many variations of what SMART stands for, but the essence is this – goals should be:

Specific. Measurable. Attainable. Relevant. Time Bound

3. Set Goals in Writing

The physical act of writing down a goal makes it real and tangible. You have no excuse for forgetting about it. As you write, use the word "will" instead of "would like to" or "might." For example, "I will reduce my spending by 10 percent this year." The goal statement has power and you can "see" yourself reducing expenses.

4. Make an Action Plan

This step is often missed in the process of goal setting. You get so focused on the outcome that you forget to plan all of the steps that are needed along the way. By writing out the individual steps, and then crossing each one off as you complete it, you'll realize that you are making progress towards your ultimate goal. This is especially important if your goal is big and demanding, or long-term.

5. Stick With It!

Remember, goal setting is an ongoing activity, not just a means to an end. Build in reminders to keep yourself on track, and make regular time-slots available to review your goals. Your end destination may remain quite similar over the long term, but the action plan you set for yourself along the way can change. Make sure the relevance, value, and necessity remain high.

https://www.mindtools.com/pages/article/newHTE_90.htm

We all know that setting and achieving goals is a life skill necessary for success and happiness. *But it's one that even adults REALLY struggle with:* Studies say that only about 8% of people achieve their New Year's resolutions! Therefore we need to teach our children to set realistic goals — and actually follow through. These ideas are great for adults too!

Here are 7 top tips to help your children with setting goals and achieving them.

- 1) Make a family bucket list - gather a container and pens and paper and write down things that you have accomplished or achieved. At the end of the year you can look back and see how much you all have done and celebrate.
- 2) Draw a 'wheel of fortune' - separate a circle into 6 sections and label the sections linked to different aspects of your life (school, family, friends, exercise, hobbies etc ...) and in each section write down something you want to accomplish in each of those areas.
- 3) Create a vision board - take some old magazines or print off pictures and ask your child to cut out pictures that represent their hopes and dreams and stick them on a large piece of paper to form a poster (which can be decorated with glitter and colours). Talk to your child about what each picture represents and how they plan to achieve them.
- 4) Play 3 stars and a wish - Ask your child/ren 3 things that they feel that they do well and then ask them one thing that they want to improve or get better at.
- 5) Ask fun questions - what would you do if you won the lottery? If you had a super power what would it be and what would you do with it? Discuss how you can take 'fate' into your own hands by making a plan to achieve their hopes, dreams and goals.
- 6) Interest Maps - Older children can learn a lot about themselves by paying attention to their interests. Do they like writing, art or sports? See if they can find patterns in the things that they enjoy. From this, they can create goals.
- 7) Goal ladders - Using a stair-step visual for goal setting (lots of these can be found free on the Internet), older children can break down their goals into doable steps.

Ideas taken from:

<https://biglifejournal.com/blogs/blog/5-fun-goal-setting-activities-children>



It's a STAR at:
• playing the piano
• reading comics
• being a good friend

My WISH:
I want to learn how to skateboard!



“You are never too old to set another goal or dream a new dream”
C. S. Lewis