

# Let's Talk about:

## *New Year's Resolutions?*

Hi CCS Community!

Can you believe that we are closing out 2022 and entering 2023!? I hope that everyone had a wonderful winter break and got to spend time relaxing, recharging, and getting excited for the new year. As the year comes to a close, I have been reflecting on everything that happened in the past year. I think it is so important to check in with yourself every now and then to see how far you have come, but also to make a plan about where you want to go.



### **Why is it important to think about setting goals?**

**I will be honest, I am not the best at setting New Year's resolutions and keeping them**

In fact, I don't think I have ever remembered what my resolutions were from the previous year

However, I wanted to talk about the idea of **setting goals** rather than making resolutions

Setting **small, attainable** goals can be a super helpful way to reach your **bigger goals**

To set goals that can actually be accomplished, it is important to be **as specific as possible**

**For example**, a goal like "I want to make new friends" is an awesome idea, but a more specific way to phrase that could be "I want to reach out to 1 new person each month and make plans with them"

### **My tips for Setting Achievable Goals**

Set a **timeline** for your goal : For example, if your goal is to **read** more books this year, set a timeline for when you want to have read 1, 2 and 3 books (1 book by February, 2 books by March, 3 books by April)

Create **goals with a friend** to hold each other accountable : For example, if you and your friend have been talking about getting more active, join a recreation center class together and **motivate each other to go**

Set reminders on your phone or sticky notes around your house to remind you of your goals : For example, if your goal is to **limit your sugar intake**, place a sticky note over your cookie jar reminding yourself to eat one instead of two. Remember, **depriving** yourself of treats **rarely works** to build long-term habits. Instead, try cutting back and eating certain foods in **moderation**.

Your goals can be as simple as **continuing a habit you picked up last year!** You don't actually need to reinvent the wheel and come up with all new goals if there are certain hobbies or activities that you want to continue into the new year.

**Your goals can be related to personal development!** One of my goals going into the new year is to be more confident and to trust myself. To make this more achievable, I am going to write myself a reminder to keep on my desk. Other examples of personal development goals could be : working on being on time, reaching out to family or friends more often, or trying something new that scares you

I hope you all have a wonderful New Year and I am so thankful that I get to be a part of this community! Let me know if you try any of these ideas or have any tips for me! Until next month :)

