

## Are you staying the course?

Hello everyone and happy almost spring! Are you feeling it?! The occasional warmer days have me jumping for joy and the excitement over the pending season is palpable!

This is a great time of year to reassess the goals and points of focus that you may have identified at the beginning of the year. Maybe the year thus far has been a blur and you are asking yourself “How did I get here?” or maybe you made this year a time to set some goals for yourself and you want to stop and evaluate; How is your follow through? Where are you being successful and what parts need more close attention?

Did you decide to get better organization in your home; less clutter to free up your mind? Maybe you introduced better nutrition and/or physical movement to feel better and perhaps shed a few pounds.

Did you decide to have family dinner at least 4 times / week or work toward the goal of running the Boston marathon? Whatever your goal is, make sure it is **INSPIRING** to **YOU**; write it down and look at it each day. Ask the questions; “**WHY** did you choose to focus and work towards your goal? How will that **IMPROVE** your life and maybe the life of **OTHERS**? What are the **CONSEQUENCES** of **NOT** reaching your goal? In order to follow through, you need to feel **INSPIRED**; you need to know in your heart that it will lead to something **GOOD**.

Find that one thing to focus on if you haven't already and if you are on your way, slip and check how far you have come. If you are new to goal setting, pick **ONE** goal, not one in each category of your life. Focus on this one thing and see how it will affect your life positively. Smashing goals fuels future endeavors and makes you feel more in control.

Have fun with it and enjoy the break!

Cheers,

The Wellness committee at SHS