

Happy New Year from the Wellness committee,

Hello and welcome to 2017!

So, new year-new you? Slow down a bit...do you have a list of 10 resolutions that is already overwhelming you or did you create a manageable plan that is actually possible? Have you sat down in a quiet corner with a blank sheet of paper to write down the things you want to work on-personally, professionally-family wise?

The beginning of a new year is a great time to reflect on last year's experiences and assess what needs to be modified in the next 12 months. It's like getting yet another chance to change some things but also a great time to truly appreciate all the blessings so far-it's important to do both!

Having specific, attainable, measurable goals takes our life experience to a new level. The feeling of accomplishment that we get when we make a plan, work the plan and reach the goal is one of great satisfaction and makes us feel more powerful and more in control of our life. (as much as we can be in control!) It helps to motivate us to set other goals that will improve our life and the lives of others.

Maybe this is a new concept to you or maybe you are already a pro! No matter where you are on your goal setting journey, it's important to not set goals that are too hard to reach. If you are new to this, start with ONE bad habit and REPLACE it with another good one! Set a GOAL DATE for when you want to be able to say; "I did it!" and make sure that you can measure it. Perhaps it is to read more; let's say one book per month. Or maybe it is to only eat candy one day a week instead of 4 or lose 10 pounds by a specific date. Then you break it down to how many pages per day, which day you have candy or how much you need to lose a week to reach your goal. How do we eat an elephant? That's right one bit at a time!

WHAT WILL BE YOUR BHAG in 2017??!! What??? BHAG stands for Big, Hairy, Audacious Goal.

That's right, but it does not need to be huge-just important to you and your health and life. Make it a focus, write it down, post it where you and others can see it, ask others to support you and your goal and then celebrate when you reach it, a month, quarter, 6 months or a year from now.

What is it for you? What is that ONE thing you will tackle in 2017? This is your year!!!!

Cheers, The SHS Wellness committee