

MENTAL HEALTH NEWSLETTER

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INFORMATION ON THIS
MONTH'S TOPIC

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WHAT IS A NEW YEAR'S RESOLUTION?

Can you think of something you have a desire to change in your life? A New Year's Resolution is a promise to do something differently in the new year. Many people make New Year's Resolutions. While few of these promises last past January, there is evidence that those who set and share a concrete goal are more likely to achieve change in their lives than those who choose not to commit to a set goal.

If you or your teen choose to make a New Year's Resolution, here are some ideas on how to make a resolution that lasts.

- **Make it specific and measurable** exactly what do you want to achieve and how will you know if you are making progress?
- **Make is attainable** is your goal something that you are likely to see progress on soon? If not, start smaller. Allowing yourself small successes quickly, will motivate you to keep going.

GOAL PLANNER OUTLINE

SPECIFIC GOAL _____	
ACTION STEPS _____	MOTIVATION _____
STRATEGY _____	
END DATE _____	REWARD _____

CONVERSATION STARTERS

These are questions for parents to ask teens about goals.

- What is something you want to change or improve in your life?
- Why is it important to you that you make this specific change in your life?
- What are some potential obstacles you might face? How do you plan to overcome them?
- Who can support you in achieving this goal? How can I support you in achieving this goal?
- How will your life be different/better if you achieve this goal?