

NEWSLETTER

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parenting with **COMMITMENT**

JANUARY
2026

Depending on where you look, you'll find many different statistics about how New Year's resolutions fail. In most cases, there are a few reasons for this. The main stumbling block for people is that they do not have a plan - just a goal!

This month puts the focus more on the plan than the goal itself. As a family, spend some time thinking together about what you want this year to look like at your house. New jobs? More time together? Better grades? Improvement in a hobby or sport? Whatever the idea is, the next part is the most important - what's your plan to make that goal happen? Writing down your plan over the next couple of months and placing that where everyone can see it will provide some accountability for those moments when you want to give up.

Questions to consider:

- On a scale of 1-10, how good at making a plan do you think you are?
- What about putting that plan into practice?
- What do you need to do to help you develop the discipline to improve in this area?

Questions to ask your student:

- Who do you know that stays committed and puts their plans into practice? How do you know?
- What part of commitment is hard for you? How can I support you in getting better in that area?

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COMMITMENT:

Making a plan and putting it into practice

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WEEK ONE:

This week is the perfect time to hit the reset button. It's what New Year's Resolutions are all about — making a plan, then putting it into practice. This week, we'll go a little deeper, thinking through things like obstacles, and what are you going to do when you don't feel like following through.

WEEK TWO:

As we talk about making a plan and putting it into practice, there's one word that sticks out: practice. It means that as we work through our plans, trying to reach our goals, we will be bad at first, then as we practice, we'll get better and begin to see results.

WEEK THREE:

It might be weird to think about quitting during the month that we talk about commitment, but it's an important consideration. In fact, we've started having this horrible relationship with the word "quit" when really it just means we've decided to stop doing something. It doesn't have to be complicated if you can be clear about your reasons and then communicate those with the people that are around you. That can be tricky, though, so this week we will think through how to quit the right way.

WEEK FOUR:

Sometimes our future plans are really close, but other times they feel miles away. What plan do you have to make sure you are moving in the right direction, and how will you be putting it into practice? In other words, how does your "now" impact your "then"? This week is about looking at your next step and making a plan for getting what you want.