

A New Chance for New Changes

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Happy New Year to you all!

Now with the holidays passed us, many of us have already set some New Year Resolutions. But it's easy to fall into the trap of setting these resolutions with the same strategies that we employed in 2018, and 2017, and 2016... No one likes to look around on February 1st and realize that they are already a distant memory. So let's look at rethinking these ideas, just like we might with an IEP goal, making them achievable, effective, and productive!

Let's start with making a brief list of your accomplishments from the previous year. What is better in your life now than January last year? They don't have to be completely life changing accomplishments. Maybe you found a way to shave off 6 minutes of your commute to and from work each day. That equals 50 hours of not sitting in traffic each year! Now that is an accomplishment! Be gentle with yourself and credit yourself with as many changes as possible.

Second, let's show some gratitude for all of those accomplishments. Change is hard for everyone! Chances to improve our life or the life of others are very important! Gratitude has a profound effect on our attitude toward ourselves, and others. People who practice gratitude have a greater ability to bounce back from disappointment and frustration. And who couldn't use that skill in the work that you do!

After completing your gratitude step (and if you are thinking about skipping step two, realize that it can really assist in opening our awareness as we move to step three), let's actually set some resolutions! By sitting down and making goal setting an important task, committing affirmations/resolutions to paper and sharing them with others, it will deepen their meaning for you and gives you some accountability. It might help to think of them as personal goals rather than resolutions. They should have be ideas that have a beginning, a middle, and an end with reasonable strategies for setting and following through on them.

And finally, cheat! Start by cheating off of others ideas that might be different than your old resolutions. Borrowing from others or having common goals can increase the accountability that can help with follow through. And when goals "fail", recommit to them again. Be as kind to yourself about this as you would your student!

Thanks again for all of your commitment to our students!