

JAN 2018

Week 1

“ALTHOUGH NO ONE CAN GO BACK AND MAKE A BRAND NEW START, ANYONE CAN START FROM NOW AND MAKE A BRAND NEW ENDING.”

- CARL BARD -

Week 2

“MAY THE NEW YEAR BRING YOU NEW STRENGTH, NEW HOPES AND NEW DREAMS”

- LAILAH GIFTY AKITA-

Week 3

“ ALWAYS BEAR IN MIND THAT YOUR OWN RESOLUTION TO SUCCEED IS MORE IMPORTANT THAN ANY OTHER.”

- ABRAHAM LINCOLN-

Week 4

“A GOAL WITHOUT A PLAN IS JUST A WISH.”

- UNKNOWN -

PARENT/GUARDIAN LETTER



Dear Parents and/or Guardians...

This month we will discuss Goal Setting. New Year's Day is the traditional day to celebrate a new beginning and make new year's resolutions and goals.

Making resolutions with your children can be fun and exciting and creates a time for family bonding. Be in tune with your children and help them make the best resolutions and goals for themselves and for your family.

HOW CAN YOU HELP?

- Be a role model. It is important to practice what you preach when making new year's resolutions and goals along with your children. Discuss your own resolutions and how you plan on meeting those goals.
- Keep a positive approach about new resolutions. The new year is a perfect time of the year to celebrate setting goals and getting a fresh start.
- Suggest ideas for resolutions and

goals but do not force any upon your children. Do not make the resolutions for your children but instead provide them with categories they can change or help them clarify their goals to make them easy to understand how to achieve.

- Big resolutions call for taking small steps. Turning a good intention into a habit is one of the most important skills to teach our children. Taking those small steps day by day, will help lead children to accomplishing big goals.
- Follow up with your children and their goals. Try not to nag or bother your children about their new year's resolutions but instead just follow up periodically. Be sure their resolutions and goals are somewhere you can see them so they are easy to check on.
- Make family resolutions. Come together as a family and decide on a few family resolutions everyone can be a part of together.

Goal Setting

Make a Better You!

Call Today!

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West Van: 604-925-7270
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