

New Year's Resolutions: A firm decision to do or not do something.

Traditionally people have professed their resolutions at the start of each year. What will you do or not do? Why (what's in it for you)? How will you execute your plans? How can you set goals that are going to work? Expert life coaches suggest that making goals S.M.A.R.T. (Specific, Measurable, Achievable, Realistic, and Timed) helps the goal actually become a Home Run. What obstacles might you face? How will you overcome them?



1. Think about everything you did, were a part of, or witnessed in the year just gone. Identify and list the three best things from the year. This is a silent individual activity with plenty of thinking time – it's often harder for people to remember the good things than the bad!
2. Next, pair up to compare personal 'bests of' lists - ask questions!
3. Each student share what their partner told them with the rest of the class.
4. Now time to focus on the things that could have gone better:
5. Think about and consider what didn't work out so well (whether through their own actions/words or through something beyond their control) but they must also identify why these events could have been better. Stick to one or two things.
6. Steps 2 and 3 are repeated as the students compare and discuss with a partner before sharing with the class.
7. And now for the resolution part. Focus on those things that could have been better, and decide what they can personally do in the New Year to address these shortcomings, solve these problems, or make improvements. Their goal in this stage is to write out their top two specific and focused resolutions - and a few lesser important ones in brief.
8. Share via post-it , to class blog. Sydney will type them from the post its.

Top 20 Things “I will” do in 2016, “so that…”	Bottom 15 Things I will NOT do in 2016
 <p data-bbox="483 317 797 495">30 min. of fitness daily, so that I regain strength after a slothful break, and so that I can have optimum energy all day.</p>	<p data-bbox="824 317 1398 422">Not nag my partner, Bruce. If it is not supportive and encouraging...I will seriously consider not saying it.</p>  <p data-bbox="1203 646 1219 667">1</p>
 <p data-bbox="500 869 781 1047">Drink 2 big glasses of water in the am. so that I feel light and energetic. (Coffee drags me down)</p>	<p data-bbox="824 869 1393 932">Do fitness whether you feel like it or not, so that it becomes a habit and something that I</p>  <p data-bbox="824 1192 976 1224">really enjoy.</p> <p data-bbox="1360 1192 1377 1213">2</p>

¹ <http://ecx.images-amazon.com/images/I/71mU1cLXsgL_SX355.jpg>

² <<http://lifedonewrite.com/wp-content/uploads/2014/07/best-workout-music-for-men.jpg>>

State what I am grateful for each day, so that I can remain positive which is the most fun way to spend every day.



Do not hang out with people who drag me down, so that my days are maximum fun.



NO WHINING ³



Keep on top of my marking, so that kids get quick feedback, and so that I can adjust my teaching to fit the needs of the class.



Update blog daily, so that all are current: students, parents, and me.

Start having students write on class blog, so that their writing has a real purpose, and they can show the world how fab they are!



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