

News notes

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Congratulations to Julie Hucke at Cherryvale she won BINGO first.

Happy New Year!



Many people set goals at this time of year. It is a good idea. Goals hold us accountable they measure us. There are several levels of goals. For instance:

- Short term-do next hour or this year
- Mid term-do today or in next 5 years
- Long term-do tomorrow or before I retire

Can you imagine what life would be like if we did not measure? For example: the game of checkers if we did not take pieces off the board when they are jumped would be boring. What about football without a touchdown, basketball without a hoop? Not just in games but in life many things make more sense if we measure them. We can show progress and therefore reward ourselves when we set and meet our goals.

There is an exercise I use with people to help them set realistic and meaningful goals. It is done by making three lists, one for what I do not want to be, one list for what I do not want to have, and a third list about what I do not want to do. When you make each list long and have thought of all you can then start thinking about ways to lessen or avoid the items you did not want. You will be able to see goals you can work toward to have a better life.

Another tool I use for goals setting is the “Wheel of Life: If you want me to send you one email and ask. It is a good visual tool to see the areas of your life where a goal might be needed to help you roll along better.

Goals help us make “to do” lists. It feels good to cross off completed tasks. What are your goals for the year? A friend and her husband discuss and set goals on their anniversary every year. They have been married for 35 years. Goals help them stay together and focused on what they both agree is important.

I, _____, commit to starting working on my goals on _____ (date). I believe that I can accept and complete my challenge to the best of my ability. I realize this is work and accept the self-care price I must pay to achieve my mental and physical transformation. I commit to keeping a daily journal that tracks my progress and forgives my slipups. I will practice these 10 principles to help myself stay the course. I will expect and adapt to adversity and see tough times as learning opportunities. I will strive to take action and not to ruminate, moan, or whine. I will be self-assertive and fight for the right to take care of myself. I will acknowledge and reward myself for my achievements along the way.

You will do battle with your inner demons that try to pull you back into your familiar, self-destructive ways. But in the end, you'll win. Every time you embrace this challenge, you're one step closer to the best person you can be.

Where are you now? Where do you want to be? Even if it takes you ten years to reach your goal if you don't start in ten years you will still be where you are. I encourage you to share this news notes letter with your para staff. Many of them could be teachers in a few years if they would start working a plan. We always need good teachers.

Do you know tri-county's goals? Are you helping us reach them?

Do you know your school's goals? How about the state standards test goals, do you do your part to ensure that our students have a chance to pass the state test? Are you measuring their progress? Are you re-teaching where needed?

