

GOOD NEWS!



PERSONAL DEVELOPMENT



What if we had a new approach to our new year's resolutions this year? For thousands of years, the practice of ringing in the new year with resolutions has been one of our longest-running traditions. Many of us are still resolving to make this year the one that we get out of debt, quit bad habits, and change our lives for the better. Unfortunately, less than 20% of people keep their resolutions; and most people have given up or forgotten their goals by February. Sound familiar?

betterup.com/blog/new-years-resolutions-ideas

Random Acts of Kindness!

What if success wasn't something to be achieved – but something to feel? What if it was a spirit to keep within in our hearts all year long like gratitude? Want to rewire your brain for gratitude? Create a kindness habit. Take on a challenge to do something for others every day and see how that changes you. Ideas:

Day 1: Write a thank you note

Day 2: Surprise someone with a kind message

Day 3: Call someone who needs a pick-me-up

Day 4: Help someone with something

Day 5: Let someone go ahead of you in line

Day 6: Compliment three people

Day 7: Make a fun award for someone. Examples:

Walking Encyclopedia (knows everything),

Social Butterfly (loves to talk),

Beat Boxer (great rhythm)...award.



thegoodkitchen.com/blogs/the-good-kitchen-blog/different-perspective-on-new-years-resolutions

5 Steps to Truly Make Change Happen in Your Life



I DON'T HAVE ANY
BAD HABITS.
I AM GOOD AT ALL
OF THEM.

For many of us, changing an unwanted habit can be an incredibly frustrating experience; not to mention all the promises we hear of quick and easy solutions - everything from stopping smoking to finding your dream job or soulmate. They never actually are quick or easy, are they?

The reality is that change is not easy. Our habits are deeply rooted in the neural pathways inside our brains, either because they served a purpose in the past, or because they've become ingrained in us thanks to mindless repetition. And for habits that are loaded with emotions getting activated every time we find ourselves in similar situations, such as aggression or avoidance, change becomes more challenging.

HOWEVER, there is GOOD NEWS!

Our brains are moldable and changeable UNTIL THE DAY WE DIE, so even hard-wired habits are changeable with a good plan and a can-do attitude. Here are 5 (*relatively easy*) steps to make change stick:



1. CLARITY: What Do You Want to Change?

What will your life be like once you make this change? What will you be doing and how will you feel? The more committed you become to the change you want to experience, the more your dreams will pull you forward.

Be clear on the habit or behavior you want to change, or the new one you want to start. What need does it fix or fulfill in your life? Write it down. That helps to make it goal – not just a wish.

3. CHALLENGES: What Exactly Will You Do If...?

Unfortunately, dreams only become fantasies without an action plan. What are the obstacles that stand in the way? Things **WILL** come up that get in your way. Plan for those possibilities, and you will have a far greater chance to stay the course with greater success.

2. VISION: What Will Changes Look Like?

Our Personal Development classes and programs will help you with this.

CLASSES: Commitment to Change, DEUCE, Parenting; **Teachers:** Ms. Aster, Ms. Barbara, Dr. Dorothy, Ms. Monika, Dr. Roxanne; **Instructional Assistant:** Doña; **PROGRAMS:** AOD: Lacreena, **GPS:** Janna, **MAT:** Phillip

Goals need action steps that you repeat regularly. Can you do a little every day? Successful people focus on positive habits while getting rid of negative ones, so that they use their best energy to maintain helpful life changes.

5. TRANSFORMATION: How Will You Feel More Capable?

Take the time to let good feelings sink in and remind yourself that you are making it happen. This can go a long way toward empowering the story you want to live.

As we now know, change takes effort, but the more you go through the process, the easier it becomes the next time around.

Article adapted from Homaira Kabir who is a positive psychology coach and cognitive behavioral therapist. She offers courses and coaching to help women develop the self-confidence and inner strength to identify and achieve their biggest and boldest goals.

www.happify.com/hd/the-one-thing-you-may-not-know-about-change/

4. CONSISTENCY: How Will You Create Positive Habits?



THE SCIENCE OF MAKING
POSITIVE CHANGES THAT STICK

GOOD
HABITS,

BAD
HABITS

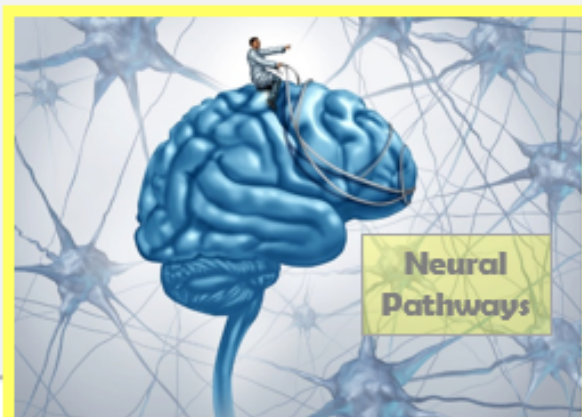
WENDY WOOD

"Wood 'What's the world's favorite sport on the ball, and she took it seriously' -NIGEL A. ROCKWORTH, New York Times bestselling author of The

Good Habits, Bad Habits is a **Groundbreaking Book** about how we form habits, and what we can do to make lasting positive change. We spend a shocking 43% of our day doing things without thinking about them. Almost half of our actions aren't conscious choices but the result of our non-conscious mind pushing our body to do things automatically. A truly remarkable number of things we do every day are automatic. We do them by habit.

What if you could harness the extraordinary power of your unconscious mind, which already determines so much of what you already do, to truly reach your

goals? Wendy Wood skillfully explains how habits are formed, demonstrating how we can take advantage of this knowledge to form better habits.



Resources:

- Suicide Crisis Hotline: 1(800) 833-2900
- Mental Health Access: 1(888) 678-7277
- Homeless Hotline: 211

Send an inmate request form for:

1. Game Plan for Success (GPS)
2. Medical Assistance Treatment (MAT) - Phillip
3. Alcohol and Other Drugs (AOD) - Lacreena
4. The Chaplain for Spiritual Help

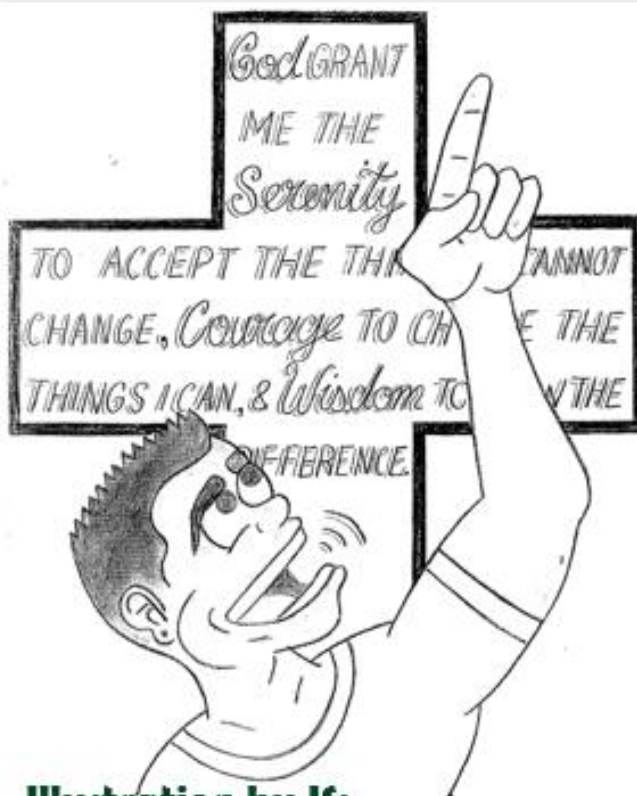


Illustration by JS:

Poem by JY:

I just want to be the best ME I can be.
I just want to breathe.
I just want to get out da mud wit no degree.
I just want to live comfortably.
I just want to do all the right things.
I just want to be something my son can be.
I want to be free.

Newsletter Participation Wanted!

You matter! We want YOU to share your thoughts too. If interested, submit a short self-improvement related poem, success story, drawing, etc.

Send it to Schools – Personal Development Newsletter

(It must be appropriate for school. Printing depends on available newsletter space.)



Poem: Travel On by Unknown

Put the past behind you
 Ride brave into the wind
 Seize a new adventure
 Seek a new life to begin
 Hit the road full throttle
 Travel where you've never been
 Don't focus on the rear-view
 Those miles won't come again
 Choose a destination
 Where your weary soul can mend
 The happiness you seek
 May be just around the bend

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