

New Year's

INSPIRATION FOR PARENTS

2021

Kristi Yeh, LMFT

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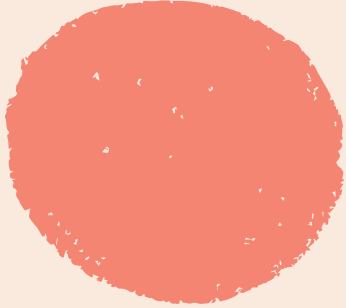
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NEW YEAR'S INSPIRATION FOR PARENTS



Make a New Year's resolution if you want to, you don't have to




Go slow and steady so you don't burnout



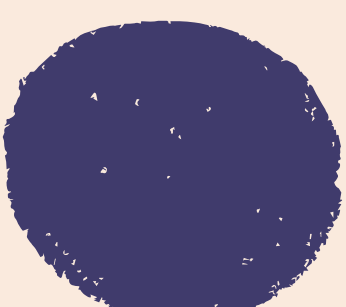
Make time for connection with yourself + your partner + your friends



Continue to reflect on your values + intentionally focus on what matters to you



Create or revisit family mantras and values ([click to read more](#))



Prioritize self-care for yourself + your family



QUOTES TO KICKSTART THE NEW YEAR

“

Packaged inside of every mistake there lays a great lesson. And while I don't want to take the mistake into the New Year, I most certainly want to take the lesson that's packaged inside of it.

Craig D. Lounsbrough

“

No matter how hard the past, you can always begin again.

Buddha

“

When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life.

Jean Shinoda Bolen,
M.D.



S.M.A.R.T. GOAL SETTING

If you are interested in setting a specific goal in January, or any other time of year, give this tool a try!

1 Specific

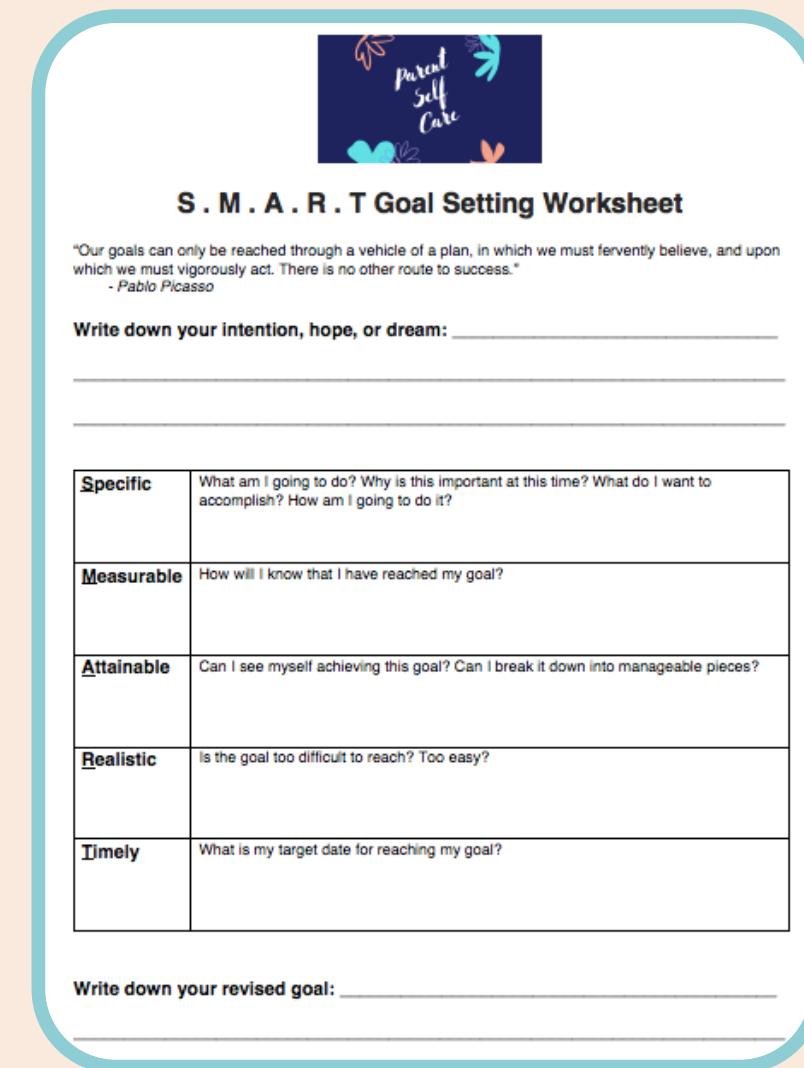
2 Measurable

3 Attainable

4 Realistic

5 Timely

Click for a free
S.M.A.R.T. goals
worksheet



S . M . A . R . T Goal Setting Worksheet

"Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success."
- Pablo Picasso

Write down your intention, hope, or dream: _____

Specific	What am I going to do? Why is this important at this time? What do I want to accomplish? How am I going to do it?
Measurable	How will I know that I have reached my goal?
Attainable	Can I see myself achieving this goal? Can I break it down into manageable pieces?
Realistic	Is the goal too difficult to reach? Too easy?
Timely	What is my target date for reaching my goal?

Write down your revised goal: _____



Source: S.M.A.R.T criteria are commonly attributed to Peter Drucker's management by objectives concept

CELEBRATE THE SMALL WINS

BJ Fogg, Ph.D. encourages people to start small with a tiny habit that you think you can successfully incorporate into your life. According to his research, once you start feeling the positive emotional boost (shine) from completing the tiny habit, it can start to grow exponentially, and the results can be extraordinary.

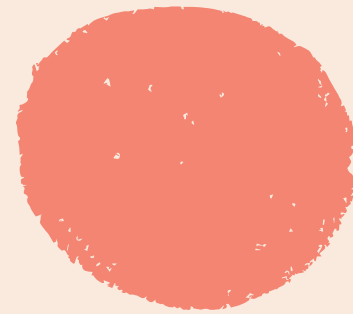
“When you celebrate effectively, you tap into the reward circuitry of your brain. By feeling good at the right moment, you cause your brain to recognize and encode the sequence of behaviors you just performed. In other words, you can hack your brain to create a habit by celebrating and self-reinforcing.”
~ BJ Fogg, Ph.D.

The way Fogg suggests activating your reward system instantaneously is through shine, a movement or phrase that boosts your mood. Examples include: humming a bit of an upbeat song, visualizing fireworks going off for you, imagining yourself nailing a basketball shot, or putting two thumbs up.

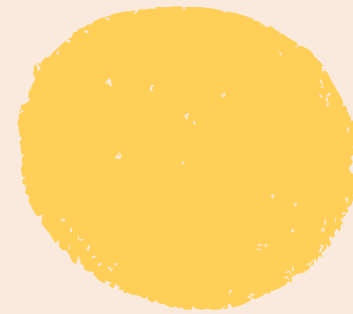


Tiny Habits: The Small Changes That Change Everything by BJ Fogg, Ph.D.

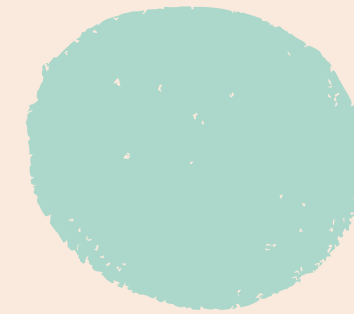
NEW YEAR'S AFFIRMATIONS FOR PARENTS



You've made it through 10 months of pandemic parenting, you are strong!



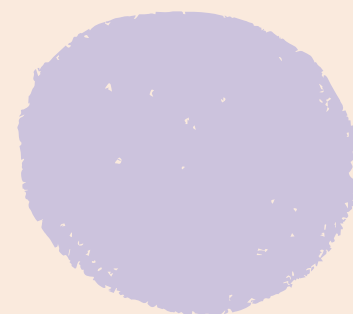
You are trying hard, you care so much, and you are doing a great job



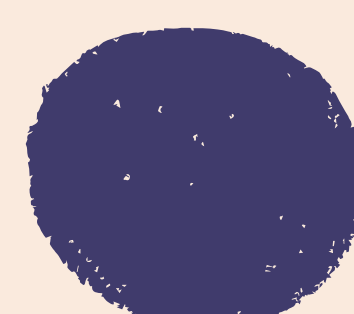
You are enough just as you are



Lean into rest and relaxation, you deserve to take breaks!



Give yourself grace, no one is perfect



Trust your intuition, you know yourself and your kids best

