

New year,
new me?

Going forward in 2022

If you can't fly, then **run**
if you can't run, then **walk**
if you can't walk then **crawl**
but whatever you do, you have to

KEEP MOVING

Forward

MARTIN LUTHER KING JR.



New year, new me?

Welcome back to the start of a new term, we are delighted to open our wonderful school and provide the social, academic and pastoral support to our young people and staff.

As we gather let us pause, show respect for others, listen attentively and remind ourselves of the gospel values that are the bedrock of our community.

Follow the verse with your form tutor and consider its deeper meaning and relevance to the challenges we still face.

I Said a Prayer For You Today

I said a prayer for you today
and I know He must've heard~
I felt the answer in my heart
although He spoke not a word.
I didn't ask for wealth or fame
(I knew you wouldn't mind)
I asked Him to send treasures
of a far more lasting kind!
I asked that He be near you
at the start of each new day
to grant you health and blessings
and friends to share your way!
I asked for happiness for you
in all things great and small~
but it was for His loving care
I prayed most of all!

~Unknown~

New year, new me?

Q- How many of you have made new year resolutions?

Q- Do think they work?

Q- If not then why not?

Q- Can you remember if you made one/some last year?

Q- Did you manage to achieve what you set out to do?

- https://youtu.be/qf5OC9nPqkM?list=RDLVjknTxjyw_8g

3.57 mins



New year, new me?

Q- Can you think of a better word than 'resolution' that means the same but stays with us for the whole year, rather than the first few weeks of January?



New year, new me?

what are other
words for
resolution?



resoluteness, resolve, firmness,
decision, determination,
solution, settlement, answer,
declaration, decree



Q- So how did you get on?

The word **resolution** can sometimes seem threatening, to some people it feels like an order, a demand, an action that they will be judged on if they fail.

Q- Why not change the word but still have the same meaning?

My new year **aims** are

My new year **intentions** are.....

This new year I am going to have the **guts** to..

I am going to have the **courage** to..... this new year

My personal **promises** this new year are.....

New year, new me?

Perhaps when we start the new year, we can take this opportunity as an alternative way of thinking. 'A fresh start'.

Learning from last year and replacing meaningless words with actions.

The list of examples on the right may help.

Q- What 3 things would you include for number 4?

Q- Do the same for 2 and 5.

Q- What would your word be for number 6?

10 ALTERNATIVES TO NEW YEAR'S RESOLUTIONS

1. CREATE A BUCKET LIST
2. TAKE ON A 30-DAY CHALLENGE
3. TAKE A YEARLY CHALLENGE
4. START A LOOK FORWARD TO LIST
5. DECIDE WHAT TO MEASURE/TRACK
6. PICK A WORD FOR THE YEAR
7. REBOOT AN AREA OF YOUR LIFE
8. TAKE A LIFE AUDIT
9. TAKE ON A 365-DAY CHALLENGE
10. USE NEW YEAR PROMPTS

daringtolivefully.com

New year, new me?

Whether we call them, resolutions, aims, objectives, targets or ambitions it is so important that they are not only personal, but we chose them carefully.

Getting a better work life/balance, managing time more wisely, cutting down on screen time, achieving better grades in mathematics, or getting a minimum of 8 hours sleep may not apply to everyone.

Watch the video and listen to Mr. Brown's advice;

'Choose well'

'Oh yeeeah'

- https://youtu.be/SXIOH3cEu3M?list=RDLVjknTxiyw_8g

3.07 mins





New year, new
me?

If not resolution, then call it a **goal**, but what are goals?

Q- How do we know if they are the right ones?

Q- Are we on track to be successful?

Q- How long am I going to give myself?

Think SMART

- https://youtu.be/lyl_v-O_Cds

1.48 mins



If you hang out with
chickens, you're going to cluck
and if you hang out with **eagles**
you're going to fly.

Steve Maraboli

Daily Verse

New year, new me?

Chicken or Eagle?

Watch the video, listen carefully to the advice and then reflect for 30 secs.

- https://youtu.be/CqTyOCSXO9Q?list=RDLVjknTxjyw_8g

6 mins

(Apologies for one word in this American style presentation).

Come back to the quote on the left and reflect on its meaning once you have watched the video.

SHOOT
= for the =
MOON
= even if you miss =
★ YOU ★
WILL LAND
= among the =
Stars

New year, new me?

Aim high but remember.....

It does not have to be the new year for you to think about where you want to go in life, what you want to achieve or the things you would like to be better at.

Some goals take a little bit longer than others, so you need to think about 'the long game'.

Consider the things you are already good at.

Staying grateful, humble and determined are always great qualities to have when facing challenges.

If it means something to you then go for it with all your heart and all your energy.



New year, new me?

Please return to the first slide and consider the following-

Q- After listening, sharing and discussing the details of this presentation what do you think the main message is for you in terms of going forwards in 2022?