

Brain Bites - How to choose your New Year goals! - January Edition

Category - Goal setting through role modeling

Modeling is a huge responsibility for parents, educators and clinicians. With the New Year fast approaching we have an opportunity to plant the seeds of wisdom through an approach to modeling that includes *'healthy choice goal setting'*.

Children are conveyed vital messages constantly through the words, choices and actions of the adults around them.

No pressure right? O.K. we admit it, as parents, we sometimes feel pressure. Just writing this, the stress levels rise and we begin to shift into that fight, flight or freeze part of the brain..and a snowman does not make the ideal role model.

According to a recent study, 'only 8% of the people surveyed achieved their New Years resolution.'

Why is this?

Believe it or not, a great deal of underachievement can be related to the lack of skill in setting realistic expectations and goals.

People have a sincere desire to make positive and lasting changes in various areas of their lives such as health, money, and relationship. It is commendable to create goals that support life improvement, or the caring and nurturing of ourselves and families.

What is key, however, is our ability to actualize them.

If making a difference is important to you, then role modeling a successful approach to goal setting for the New Year can be a great way to start.

Setting new goals gives us an opportunity to close the gap between our intentions and the steps that will lead to our growth. Reaching out activates the prefrontal lobes, which defines who we are, and give us the ability to notice, choose, and take further constructive action.

In order to set and achieve realistic goals, we need to be in balance, not stress.

Removing physical, emotional and mental stress, will change the way you engage with your surroundings, and allow for new ideas, options and optimal learning in any interaction or situation. What great modeling you can provide to your family when you are coming from this evolved whole brain potential.

When you set further goals, you will come from a place of balance, clarity, objectivity and reasoning. These are the types of goals that are achievable.

Now you can tackle those tough goals which when in *fight, flight, freeze* brain may have looked like 'diet, diet, diet' (*any one else feeling pressure here?*) to the balanced and effective approach of filling your cupboards with healthy choices, leaving a bowl of fruit on the counter top, and limiting the unhealthy snack foods in your home.

When children are little, they may not be verbalizing goals but as they are watching you they are inheriting you're your seeds of wisdom as you set your goals.

Consider coming to one of our workshops, Brain Gym is interactive and there is no equipment necessary. It augments fitness levels, body awareness, core strengthening, deepening of the breath and overall relaxation, improved energy levels, mental clarity, emotional balance.

We have mentioned this before, with the advances in understanding Neuroplasticity the ability of the brain to rewire itself through experience. **YOU CAN BECOME** the sculptor of your own brain with Brain Gym!

Jill Hewlett and Sharon Todd are both Educational Kinesiologists and Licensed Brain Gym Trainers. Their company, Brain Works Global Inc., trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

They provide keynotes, in house training, and sponsored events to a wide range of organizations and the community. For more information go to www.brainworksglobal.com or call 905.830.6902.