

Thrive

A NEW DECADE *for*  
FRESH BEGINNINGS

2020



# THE YEAR **2020**

## A NEW DECADE FOR FRESH BEGINNINGS

Beginning a new year usually inspires a feeling that we get to wipe the slate clean and start again. This year is a chance to think about it a little differently. Not just to make decisions to do or not do something but add resolve to those decisions. Resolve means you make firm determination to do or not do something. Since this year happens to be a new decade, we can choose to put more resolve to the plans for our lives. Let's make goals for a course of action to achieve those resolutions. Enjoy these encouraging quotes about new beginnings.

**Edith Lovejoy Pierce**

**“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called *Opportunity* and its first chapter is New Year’s Day.”**

**Ellen Goodman**

**“We spend Jan. 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives ... not looking for flaws but for potential.”**

**T.S. Eliot**

**“For last year’s words belong to last year’s language. And next year’s words await another voice.”**

**Rainer Maria Rilke**

**“And now we welcome the new year. Full of things that have never been.”**

**Martin Luther King Jr.**

**“You don’t have to see the whole staircase, just take the first step.”**

# BENEFITS of GOAL SETTING

It is easy to follow a normal routine and forget what we may want to accomplish with our health, job and life. If we reflect on our current situation, we may ask ourselves why are we not where we thought we would be? We have the ability to conduct our actions with a purpose. We need to look at where we are presently, where we want to be in the future and what is the best way to get there. Setting goals provides actions with a purpose. You may have in mind where you want to be, but goal-setting will help with motivation and confidence to reach that destination.

## GOAL-SETTING:

- Clarifies and helps prioritize objectives.
- Subgoals are short-term that evolve to help with too much overload.
- Level of commitment increases when we have long-term goals and short-term accomplishments.
- You feel in control over your life.
- Leads to self-confidence.

## GOALS FOR 2020

### 1. LOWER CHOLESTEROL

- a. Eat two fruits and two vegetables per day.
- b. Practice relaxation breathing for two minutes per day to help with stress.
- c. Walk three times a week for 15-20 minutes.

### 2. GET A PROMOTION AT WORK

- a. Take Certified Public Manager training.
- b. Volunteer to work collaboratively.
- c. Cross-train at work.

### 3. FINANCIAL IMPROVEMENT

- a. Track your income.
- b. Start a budget.
- c. Take on a savings challenge.

### 4. WALK A 5K IN THE MEMORIAL MARATHON

- a. Week one: Walk three days for 30 minutes each.
- b. Week two: Walk four days for 30 minutes each.
- c. Week three: Walk five days for 30 minutes each.

# JOIN YOUR STATE *of* OKLAHOMA

## Co-Workers Today

Thrive is partnering with HealthCode again for this January Challenge. This is a chance to give action to your new year's resolution to begin exercising. Choose attainable goals, set your own pace to achieve them and use HealthCode's website to track your progress. The link to register is below — remember to choose the bronze level.

***Make Your January Activity  
Resolution a Reality!***



**A Personal Challenge  
to Make This Your Best Year Ever**

Register at [Events.HealthCode.Org](https://Events.HealthCode.Org)

***Set your goal.  
Measure your progress.  
Make this the best year ever!***