



“Start where you are. Use what you have. Do what you can.” – Arthur Ashe

Arthur Ashe - <https://www.cmgww.com/sports/ashe/>

“Some people want it to happen, some wish it would happen, others make it happen.” – Michael Jordan

Michael Jordan - [https://www.ducksters.com/sports/michael\\_jordan.php](https://www.ducksters.com/sports/michael_jordan.php)

Happy New Year to each member of our Family School community. I hope you can use the new year as a time to remember what is really important to you. Setting goals is a great way to keep yourself focused on making this year better than the last. Make sure to set goals (big or small) in order for you to feel good about who you are, what you're doing, and where you're going.

Below, I have provided an example of what I would like for you to do. You DO NOT have to write these things out on a separate piece of paper. YOU ARE REQUIRED to share your goals with a member of your household. Sharing your goals may inspire others to set goals of their own. Let's help each other have a great year in 2021! :)

1. **(Physical Goal) [Moving our bodies]** - Go for a twenty minute walk/run at least 5 evenings a week.
2. **(Mental Goal) [Calming our minds]** - Close my eyes and listen to music/audiobooks for at least 5-15 minutes a day.
3. **(Social/Emotional Goal) [Healing our hearts]** - Be kind to EVERYONE I see. Even if that means listening to someone I don't agree with.

Interested in adding healthy and delicious foods to your diet this year? The United States Department of Agriculture has provided a *Seasonal Produce Guide*. Take a look at all the different types of fruits and vegetables that are in season this time of year.

<https://snaped.fns.usda.gov/seasonal-produce-guide/winter>

Looking for new hobbies this year?

- Take a look at the official Olympic Sports page below. Explore both the familiar and unfamiliar sports listed. Who knows, you might just find something you'll really enjoy!

Olympic Sports

<https://www.olympic.org/sports>