

Setting goals can sometimes feel like an overwhelming task. You may not think they're important or don't know where to start. Here are some tips!

First, why are goals important? Goals can:

- Give you focus
- Help you see small steps leading to a big picture
- Help you stay motivated and beat procrastination
- Help you determine what you want in life
- Remind you that YOU are in control

Next, how to set a goal. Think long and hard about what you want out of your life. It can be helpful to first make a list of your strengths, what is going well in your life, and/or what you are grateful for. This helps you to see how far you've come and take inventory of the positive in your life.

Then, think about what you want to improve or change. Are there things you often find yourself thinking, "if only ___ would change" or "someday I want to do ___." Think about why you want to change this and how that change will make you feel.

Finally, ask yourself how you can make this happen. Making your goal "SMART" can set you up for success. SMART is an acronym for:

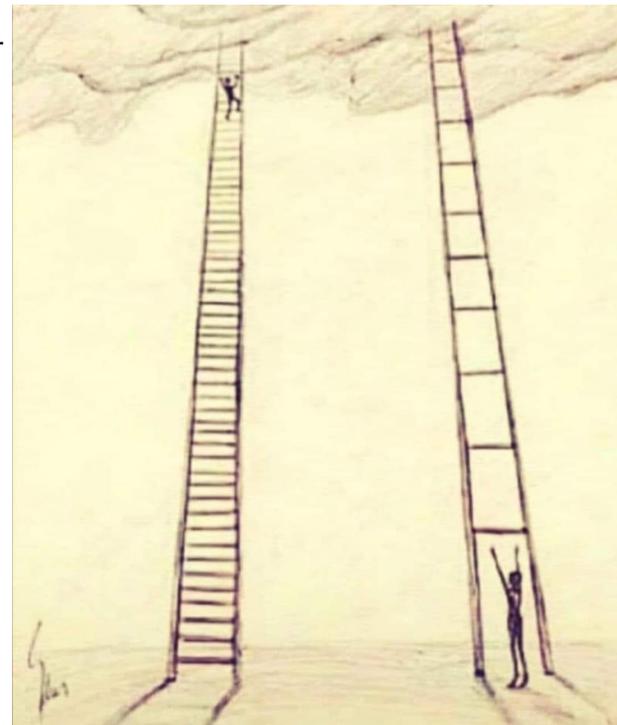
- Specific: make your goal clear, well-defined, simple
- Measurable: meaningful, motivating
- Achievable: attainable. Remember, start small. Little wins can add up to great success! The picture to the right is a great reminder!
- Relevant: reasonable, realistic. Make sure it is something that will make YOU feel accomplished. Do it for you, not someone else.
- Timed: set a deadline for achieving each step along the way.

Choose a day to begin and start on the journey to reaching your goal!

Resources:

- <https://www.briantracy.com/blog/personal-success/importance-of-goal-setting/>
- <https://dansilvestre.com/personal-goals/>

"Setting goals is the first step in turning the invisible into the visible."
Tony Robbins



Did you know all newsletters are posted to our website so you can enjoy them at any time? Check them out at <https://firststepscentralmn.org/for-families>

Craft Corner

Butterfly Nature Craft

Instructions:

<https://www.craftsonsea.co.uk/butterfly-nature-craft/>



Nature Walk Cardboard Vase Activity

Instructions:

<https://www.passionforsavings.com/nature-walk-cardboard-vase-activity/>

More activities to do with your child to celebrate special days in May:

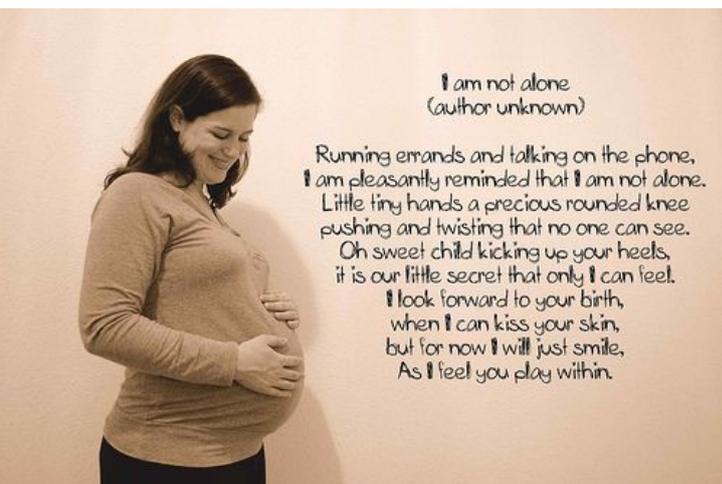
- May 1: May Day, Play Outside Day, Stepmothers Day
- May 2: World Laughter Day, Lemonade Day
- May 5: Cinco de Mayo
<https://helpwevegokids.com/national/article/holidays/10-kid-friendly-ideas-for-cinco-de-mayo/>
- May 8: No Socks Day
- May 9: Mother's Day
- May 14: Dance Like a Chicken Day <https://www.youtube.com/watch?v=Hb9FwlubyIQ>
- May 15: Armed Forces Day, Chocolate Chip Cookie Day
- May 21: Pizza Party Day
<https://www.gluedtomycraftsblog.com/2015/03/paper-plate-pizza-kid-craft.html>
- May 23: World Turtle Day <http://www.diythought.com/5-fun-turtle-crafts/>
- May 27: Eat More Fruits & Vegetable Day
- May 31: Memorial Day <http://www.housingaforest.com/simple-american-flag-craft-for-kids/>

Craft Corner

I Love You Because...

Ask your child why they love Mom and write down their answers on each of the flower petals. Display somewhere you see often to remind yourself of how much you mean to your child. This also makes a great grandparent gift! If you're currently pregnant or your child is too young to tell you, list your favorite reasons for being a mom.

Instructions: <https://tinyurl.com/tev294dc>



I am not alone
(author unknown)

Running errands and talking on the phone,
I am pleasantly reminded that I am not alone.
Little tiny hands a precious rounded knee
pushing and twisting that no one can see.
Oh sweet child kicking up your heels,
it is our little secret that only I can feel.
I look forward to your birth,
when I can kiss your skin,
but for now I will just smile,
As I feel you play within.

Walk With Me, Mama

Walk along side me, Mama
and hold my little hand.
I have so many things to learn
that I don't yet understand.

Teach me things to keep me safe
from the dangers everyday.
Show me how to do my best
at home, at school, at play.

Every child needs a gentle hand
to guide them as they grow.
So walk alongside me, Mama.
We have a long way to go.



...to all moms and caregivers!

If you're pregnant, page 5 includes a Pregnancy Poem with space to add an ultrasound photo or picture of yourself.

If you're parenting, page 6 includes a Mom Poem with space to add your child's foot prints (with paint) or a picture of you with your child.

Happy Mother's Day 2021

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