

NURSES NOTES

from Nurse Vickie



January 2019

NEW YEAR, NEW YOU!

Welcome to 2019! Some of you had a great 2018 and some of you were happy to bid 2018 goodbye. What I LOVE about new beginnings is that you have the opportunity to start fresh. What do you want to accomplish this year? Do you want to learn to cook, stop smoking, exercise more, read more books, take a class to learn to paint, be more organized? The question is often, but “how do I make it happen”? Here are some tips to help you accomplish your goal in 2019.

- Make a measurable, achievable goal. For example, I will read 3 books by April 30, 2019.
- Make a plan. Your goal may be to lose 12 pounds by April 30, 2019. Your plan may be to meet with a dietician, which by the way is free to those with UHC insurance within the cooperative. You decide to record your intake on an app like MyFitness Pal. You commit to walking 20 minutes, 3 times per week. You decide to tell your best friend of your plans to help hold you accountable. Lastly you develop a chart to track your goals and accomplishments.
- Evaluate your goal and success. At the end of your timeframe evaluate your success and your goals. Did you achieve the goal you set? If no, why not? If yes, WAY TO GO! What made you successful? How can you incorporate that success into other areas of your life? How can you accomplish other goals in your life?

Have you ever heard the saying, “you are what you eat”? The same holds true for your outlook. You are what you hear, tell yourself and read. Surround yourself with those who want you to succeed. You will be surprised how much better you feel. My hope for you in 2019 is that you use each day to make a positive impact in your life and the lives of others. You have so many gifts; share them with yourself and those around you.

Happy New Year!
Nurse Vickie