

January 12, 2022

Reframing our thoughts and attitudes

Oh, the anticipation and uncharted adventure of a brand-new year. It's a time to seize the opportunity to make a fresh start, to look to the future, and to set new goals which will propel oneself into the next five or ten years of success. Right? Well...maybe. If you are like most people, you probably find that your well-planned intentions and hopeful expectations soon begin to fade. According to health, diet/nutrition and wellness expert and NBC News Health Editor, Dr. Madelyn Fernstrom, "approximately 80 percent of resolutions fail by the second week of February each year."

Why is there so much failure? Unfortunately, we often sabotage our own efforts before we even get started. You see, it's not enough to merely set a goal and dig deep to find the motivation, courage, and discipline to stick with it. Our mindset has to be in the right place as well. Of course, this is not the only thing that can hinder our progress toward completing meaningful goals, but it certainly can be a factor.

Reframing our thoughts and attitudes is a huge step toward creating positive change in our lives. How does reframing work? I like how Christine Comaford explained it in her [forbes.com](https://www.forbes.com) article, "Access the Power of Reframing in Your Own Life." She said, "If you've ever felt trapped, unhappy, stuck, or even angry about your life, it's quite likely that stories you've created for yourself are playing into that." In other words, we are what we believe about ourselves. If we want to begin to see real change in our lives, we have to begin by creating real change in our minds.

Below is a link to a short two-minute YouTube video which may help us take the first steps into reframing our thoughts. It is our New Year's Resolution that we each find a new, reframed pathway into 2022 that is filled with acceptance, appreciation, and value toward ourselves and those with whom we come in contact.

Have a **great** 2022!



[Reframe Unhelpful Thoughts](#)

Take care and thank you for all you do!

PBIS Leadership Team