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NEWS

Picture by MorbidDaisies

Four ways to stay committed to your goals *by Jen (Serendipity.)*

Setting goals is beneficial at any time of the year, not just the new year, but they can often be challenging to keep. Here are some ways to stay committed to your goals.

- **Make sure your goals are attainable.** Give yourself a reasonable amount of time to accomplish them. Don't get carried away with ideas and dreams, stay realistic!

- **Have a to-do list and a planner and handy.** This will really help at keeping yourself organized when it comes to to your goals, as well as anything else you have to get done.

- **Communicate with others about your goals.** Let them know that you are trying to commit to doing (or dropping) something over an extended period of time.

- **Remind yourself of why you are doing this.** Why are you making this change? How will it benefit your life? Will it improve relationships or your health? Write or type it.

Happy New Year - Looking forward, get involved

TeenHelp has exciting things planned for the new year and would like to share ways you can get involved.

It's not too late to take part in our annual member survey - let us know where we can improve, and view our Action Plan to see what we want to accomplish.

We are also testing a new Chat Room and are looking for people who are interested to try it out and tell us what you think!

Finally, each month we will be publishing a themed calendar to give you inspiration and suggestions to try out!

http://www.teenhelp.org/forums/f2-announcements/t159660-happy-new-year-looking-forward-get-involved/

INTERESTING TOPICS THIS MONTH

Anime suggestions
This user has started to watch anime and would like suggestions. If you have any recommendations, share them here!
http://www.teenhelp.org/forums/f223-film-television/t159654-anime-suggestions/

How volunteering helped me
One of our volunteers has written a personal account about how volunteering has helped them. Read their story here!
http://www.teenhelp.org/forums/f483-personal-stories/t158125-how-volunteering-helped-me/