



## JUST FACTS

### Making Goals Work

We've all made New Year goals to get fit, sort through the piles of junk in the house, spend more time with the kids, work on our marriage, only to find our good intentions fall by the wayside. Making resolutions is easy, it's keeping them that is hard.

How do we stay motivated to achieve our goals? By ensuring that we make goals which are **Specific, Realistic** and **Attainable**.

#### SPECIFIC

Setting specific goals will help you focus on what you want to achieve. Resolutions that are vague usually result in failure because they lack a specific goal. "Go to the gym three times a week until I lose 5kg" is more likely to succeed as a goal than "Lose weight".

#### REALISTIC

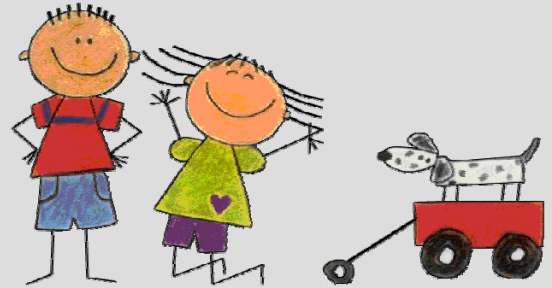
Setting realistic goals will help you to not lose heart half-way through. If you find it difficult to save money and your resolution this year is to "save RM1000 a month", you'll give up before February. Start with an easier goal like saving RM50 a month is more likely to succeed because it is more realistic and then you can build on your success and move on to bigger goals.

#### ATTAINABLE

Setting an attainable goal will help you to work to your strengths not your weaknesses. If you've made a goal to spend time every night with your family but need to stay back and work in the office at least three times a week, your goal isn't attainable due to the constraints of work and responsibility. But perhaps setting a goal to have breakfast together as a family every weekend is not only possible but also more pleasurable because you won't be battling feelings of guilt and tiredness.

As you embark on the new year with your resolutions in hand, take time to think through your goals. As you fine-tune them according to these guidelines you will find success in achieving each one.

## ANNOUNCEMENTS



### CLM Children Counselling Unit (Venue: Calvary Life Ministries (CLM), Damansara Perdana, Petaling Jaya)

CLM Children Counselling Unit is dedicated to provide care and hope to struggling children to meet their psychological and social-emotional needs. These children could be suffering from:

- Anxiety
- Anger
- Conflicts
- Behavioral issues
- Hurts
- Low Self-esteem
- Stress
- Grief
- Trauma
- Abuse (physical/sexual/emotional)

The use of **Diagnostic Art Therapy (DAT)** is the primary tool used for counselling children. Children often do not have the sophistication in language to be able to express, communicate and describe what they are thinking and feeling as such adult talk therapy is not the most suitable for working with children.



### Pre-Marital Assessment

CLM is licensed to use **PREPARE**, a very well researched and internationally used tool in pre-marital assessment. A report detailing relationship strengths and potential areas of conflict is included in the feedback session. Further counselling with one of our counsellors is available, if necessary. To find out more about PREPARE, please give us a call.

*Setting an attainable goal will help you to work to your strengths not your weaknesses*

## CONTACT US

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