

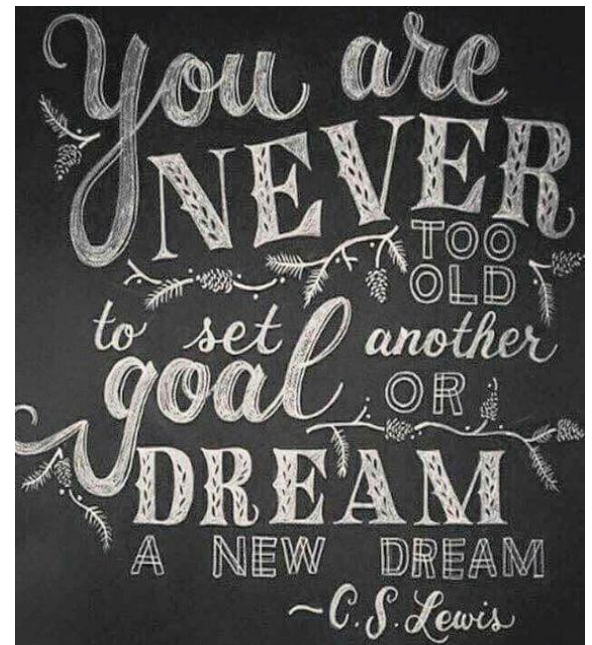


CBTS NEWSLETTER

January 2017

2017 Resolution Ideas

- 1) Drink more water.
- 2) Explore & travel more. Take camping trips, visit the next town over, visit national parks.
- 3) Volunteer more. Spend time or money improving the community. Send more handwritten letters.
- 4) Call mom/siblings/grandparents more. Be the one who makes the first move.
- 5) Live simply, only buy what is needed.
- 6) Remember your goals and the big picture.
- 7) Try something new: yoga, baking, DIY projects, meditation or art classes.
- 8) Floss your teeth daily. Stay consistent.
- 9) Quit one bad habit: nail biting, smoking, eating out of boredom, etc.
- 10) Go to bed on time. Don't lie in bed browsing on your phone.
- 11) Take time for self-care. Do something nice for yourself once a week; read your favorite book, take a long bath, get your nails done, etc.
- 12) Take a full day off from social media once a month.
- 13) Clean out your closet. Donate or sell what you don't wear.
- 14) Try a fitness class; water aerobics, spinning, Zumba, etc.
- 15) Learn a new language.
- 16) Do a little act of kindness daily.
- 17) Find a workout buddy.
- 18) Keep a jar of things you are grateful for during the year.
- 19) Start a journal.
- 20) Seek out an old friend.





We NEED more proctor parents (individuals, couples and families) throughout various parts of Salt Lake Valley, Davis County and Tooele. We are offering the following referral incentive: If you refer someone, and they come in for the initial orientation interview, you will receive **\$25.00**. If they complete the initial licensing process, and are approved, you will receive an additional **\$25.00**. After they have remained with CBTS for three months (while taking placements), you will receive **\$300.00** bonus check! That's an extra **\$350.00/referral**. Please have them contact Lori to get the process started!

We recently updated our CBTS website..way past due!! You can now go on the website and go under trainings and complete the quizzes online. The completed quiz will be sent directly to CBTS. The monthly newsletter can also be downloaded from the website. Our plan is to also start a blog at the beginning of the year. Take a look at it! If you have suggestions, ideas, information to contribute to the blog, etc. please let us know. Much thanks goes to Lori's talented son for the look of the new website! www.cbtsutah.com





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TEACHING TEENS TO SET GOALS

First of all treat them like a person who is capable of creating their own goals. If your teen has a certain passion, ask what they hope to achieve with it. If they cannot put it into words, gently keep the conversation going until they can articulate an actual goal. Assure them that you will do anything reasonable to help them get there.

It might take a few tries to draw your teen into the world of setting goals, but once you get there, they'll see the advantages. Knowing how to break enormous goals into mini-goals is a skill that will carry them throughout their adult life. Below are five tips to help you both get started.

1. **Set goals that are attainable.** If your son is destined to be of or below average height, encourage him to pursue his love of basketball simply for the love of the game. Do not encourage him to dream of a basketball scholarship to his favorite university.
2. **As much as possible, make sure the goals are your child's and not yours.** They are going to be much more motivated to achieve a goal that they truly want to see through to the end.
3. **Let your teen decide how public he wants to make his goals.** If your child is generally low-key and hesitant to share details with people outside of his own family, respect that. Let them decide with whom they'll share that information.
4. **Make sure you and your teen both know the difference between achieving a goal and simply crossing something off your to-do list.** Goals are challenging. Accomplishing day-to-day tasks are simply part of being human.
5. **Failure is the key to success.** Talk to anyone you know who has been successful and they'll tell you about all the times they failed. It's okay to set a goal and not achieve it. Most people learn a lot more by their failures than they do by their successes.

Teaching a teen how to set and achieve goals is not for the faint-of-heart! Make it your goal to do it anyway. Constantly remind yourself and your teen that the journey is just as important as the result.

JANUARY FREE EVENTS

January 3	Star Wars Party For ages 11 – 19	Magna Library	2675 So. 8950 W.	6:00-7:00 pm
January 4, 11, 18, 25	GSA Club for Teens A support group and safe place for ages 11 - 19 with all gender identities & sexual orientation to support one another Snacks, crafts, films, service projects & more	Kearns Library	5350 So. 4220 W.	3:30-4:30 pm
January 6	Star Wars Murder Mystery 6:30 – 8:30 p.m. Costumes encouraged but not necessary - Help solve a Murder that took place a long time ago in a galaxy far, far away Online registration required & permission slip required	So. Jordan Library	10673 So. Redwood Road	
January 6	Teen Anime Club Watch anime shows & movies For ages 11 - 19	Magna Library	2675 So. 8950 W.	4:30 – 5:30 p.m.
January 7	“Finding Dory”	Kearns Library	5350 So. 4220 W.	1:00 – 3:00 p.m.
January 8	Eccles Organ Festival 8:00 p.m.	Cathedral of the Madeleine	331 E. So. Temple	
January 9	Frozen Magic Show Comical magic show for children of all ages	WVC Library	2880 W. 3650 So.	7:00 p.m.
January 10	Teen Night Create & take home your own original piece of colored pencil art	Magna Library	2675 So. 8950 W.	6:00 – 7:00 p.m.
January 13	Harry Potter Yule Ball for Teens 6:00 – 10:00 p.m.	Viridian Center	8030 So. 1825 W.	
January 14	Excellence Concert Series Jazz & Blues with Joe McQueen 8030 So. 1825 W. 7:00 – 9:00 p.m.	Viridian Center		
January 21	Third Saturday for Families 1:00 p.m. Make your own mini rugs & take home a mini loom to weave more	Sorenson Arts Building	University of Utah	





This Year

Hang on to your truth
and respect the truth of others

Choose to be happy

Forgive those that
you can forgive
and seek the forgiveness of
someone who deserves it

Do something outside
of your comfort zone

Be the voice for someone
who has no voice

Be quiet strength

Be the type of kindness
that is strength

Remember that love
is a verb.

Choose healthy foods,
activities, and people.

Fall six times,
get up again seven,
persevere

Wish people a lovely day

Live honestly, truly,
and with integrity

THIS YEAR....

A bad habit I'm going to break:

A new skill I'd like to learn:

A person I hope to be more like:

A good deed I'm going to do:

A place I'd like to visit:

A book I'd like to read:

A letter I'm going to write:

I'm going to do better at:

A person I'm going to forgive:

A relationship I will strengthen:

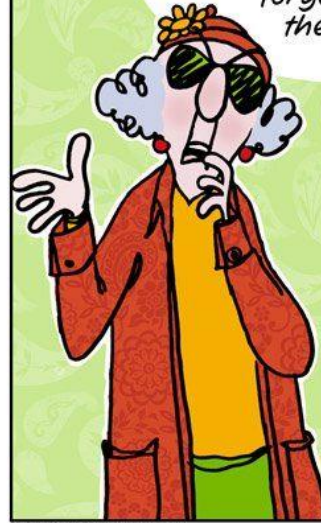
My New Year's resolution is to be more positive and less sarcastic.

How long do you think this fantasy will last?



ROTTEN CARDS USER CARD

I don't so much break my resolutions as just forget what they are.



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Greatest Hits

I resolve to be just a little bit nicer to people who do exactly what I want.



This year I resolve to lose 8 pounds! That's right, I'm giving away my bowling ball.



There's a time each winter when things go from magical to miserable. They call it "January."



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I can't believe it's been a year since I didn't become a better person.

