

Reflect, Reach, and Resolve

New Year's Reset for Homeschool Moms



"Start with the end in mind"
-Franklin Covey

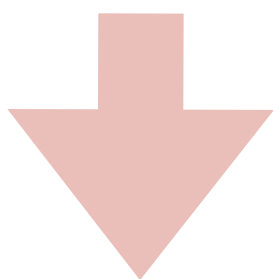


"If you aim at nothing, you will hit it every time."
-Zig Ziglar



"You are never too old to set a new goal or to dream a new dream."
-C.S. Lewis

THE SUPER EASY THREE STEP PROCESS



1

REFLECT BACK

Take time to honestly look back on the past year.

2

REACH FORWARD

Evaluate your priorities and purpose for the coming year.

3

RESOLVE NEW HABITS

Set goals and plans for the coming year.

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My Favorite Memories:

My Biggest Successes:

My Biggest Challenges:

Something New I Tried:

I Wish I Would Have...:

How I've Grown:

I'm Grateful For:

Reflect Back on 2019



Set your vision for 2021



Take some time to dream on this page. Imagine yourself at the end of the 2021 school year. What do you want to be different? What do want to accomplish? What do you hope your kids will say about the past year? How will you have grown? How do you want your children to grow? What will make it a great year?

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Something New I Want to Try (write why):

I Want to be More Consistent at (write why):

Memories I Want to Create:

How We Will Celebrate:

In order to have a successful year, I need to

STOP

START

"Sow an act, reap a habit. Sow a habit, reap a character. Sow a character, reap a destiny."

-Charlotte Mason

Reach Forward to 2021



Resolve: Set the path moving forward



My top priority for my homeschool this year:

In order to reach this vision, I will:

1. Eliminate “stinking thinking”

What thoughts do I need to intentionally transform?

2. Name my fears:

3. Develop the routine practice of:

4. Focus on doing a “few” things well rather than trying to do ALL THE THINGS.

Write out the top 5 areas you want to focus on:

5. Get Help!!!

What people, resources, tools do you need to reach your goals?

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In order to create this vision for your homeschool, YOU will be the primary factor in shaping the atmosphere of your home. Let's set some goals for YOU:

BODY: The way we feel physically is a huge influence on the way we feel emotionally. What can you practically do to take better care of yourself?

MIND: We need to cultivate our own mind before we have ideas to share with our children. What books, courses, skills will help you grow your mind this year?

SOUL: Busyness doesn't equate to spiritual growth. In order to grow your soul, you may need to actually stop doing things. Evaluate your plate, what needs to come off and what do you need to add in order to grow in your spirit this year?

FUN: Make a list of 10 things that make you happy. Refer back to this list to add fun into your weekly plans.

RELATIONSHIPS: Homeschooling can often be very lonely. How will you intentionally develop friendships this year? What about your children? How will you build your relationships with them this year?

Focus on yourself first!



Utilize the power of habits



A habit is set up by following out an initial idea with a long sequence of corresponding acts.

– Charlotte Mason, Parents and Children p.125

Goals are great, but they don't become reality until we change our habits. It's not enough to stop doing a behavior. We must replace the unwanted behavior with a new habit that helps us achieve our vision. In the chart below, you will list your top five goals to start the year with. Then you will add the habit you want to **stop** doing and write out what habit you need to **start** doing. Finally, you will come up with three behaviors to create this new habit.

Goals	Old Habit	New Habit	Behaviors
#1			1. 2. 3.
#2			1. 2. 3.
#3			1. 2. 3.
#4			1. 2. 3.
#5			1. 2. 3.

MY TOP 5

Write out your top 5 goals to focus on for the remainder of the school year. Post this somewhere you will see it daily.

#1: _____

#2: _____

#3: _____

#4: _____

#5: _____

For further study:

1. The Power of Habit (Why we do what we do in life and business) by Charles Duhigg
2. Better Than Before - What I Learned About Making and Breaking Bad Habits to Sleep More, Quit Sugar, Procrastinate Less and Generally Build a Happier Life by Gretchen Rubin
3. Formation of Character (Volume 5 in The Original Home Schooling Series) by Charlotte Mason - specifically the stories in Part I
4. Parents and Children (Volume 2 in The Original Home Schooling Series) by Charlotte Mason - specifically Chapter 4, Chapter 9, Chapters 15-16