



## NEWSLETTER

February 2019

Adams County CASA

### TOPIC ONE

-If you are unable to connect with your caseworker, please do not hesitate to let the CASA staff assist you! We're here to support!

-Please don't wait until you need to write your report to let the CASA staff know you are having difficulties connecting with important people, we can find ways to help with this!

### TOPIC TWO



Our office will be closed on Tuesday February 12th for Lincoln's birthday and Monday February 18th for Presidents Day.

### TOPIC THREE

Happy February Birthday!!

**Danna Larson- 9th**

Enjoy Your Special



### KEY DATES

**February 14th:** Noon-Networking

We will be watching a video called "Success Story of Youth in Care". This video is children in care telling their stories about foster care. Hope to see you all here!



**March 1st:** Fundraiser Dinner

Our annual fundraiser dinner will be held on March 1st starting at 6:00Pm at the ambiance. The theme is March Madness. All CASA volunteers plus 1 guest are free! Look for the invitations in the mail!



# 10 Simple Ways to Motivate Yourself Every Day

## 1. Take a break--you deserve it.

The only way we can perform at an optimal level is create time for rest. The moment you know you can't take any time off is usually when you need it most.

## 2. Keep your cards close to your chest.

Announcing your intent to do these feats will backfire. Resist the urge to reap the barrage of Facebook likes, and gushing comments. The positive feedback you receive from your network will trick your brain into thinking you've already accomplished your goal, sabotaging your once-motivated brain to do said feat.

So, keep it to yourself and share the good news once you've already done it.

## 3. Confront death and define your legacy.

Knowing that you have finite time on this planet helps sharpen your focus. Everything we do is another step in defining our legacy. This may seem like heady posturing, but both can be powerful motivators.

## 4. Celebrate the little wins, no matter how small.

Celebrating these wins can help to create positive habits. You break the inertia of mediocrity by teaching everyone around you how to win. They get the chance to bask in that emotion.

## 5. Slash your to-do list in half.

Slashing your aggressive to-do list in half will allow room for success. Knowing that it's realistic for you to complete the list is empowering.

## 6. Be gentle with yourself.

Stop comparing the accomplishments in your life with those of your neighbor. The story you create in your head will never be as good, and the reality will never be as bad.

There are many people who are smarter than you. The moment you can embrace this notion, you're free. Free to explore. Free to follow what excites you. Free to ignore what they do, or how they do it, and focus on you.

## 7. Hack the way your brain perceives your new habits.

Recently, I began waking up two hours earlier than usual during the week. Instead of viewing it as two hours less I get to sleep, I view it as two extra hours to my day, allowing me to add a full workday per week.

## 8. Embrace vulnerability.

Sharing defeats and admitting failure is a powerful cultivator of motivation, allowing you to move past the failure. Work through the emotion instead of taking it out on someone else. Then move on to something more constructive. Sharing these vulnerable moments also cultivates deeper connection with peers.

## 9. Do what you love (sort of).

Find what it is you love to do and get proficient at it. Success dwells at the fulcrum of passion and excellence.

But be careful. Make sure that you can make a living from your passion. I'm passionate about a lot of things that I know I'm not so amazing at and that I definitely can't make a living at. I love playing guitar. My daughter loves when I play songs from the movie *Frozen*. It's fun. I'm never going to be a rock star.

## 10. Focus.

There is an anecdote I've heard about Warren Buffett, Bill Gates, and Gates's father at a dinner party. A guest asked them what the most important quality for success was today and all three responded "Focus" at the same exact time. They all smiled and laughed to each other because they hadn't really prepared the answer.