



# EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

## January—Resolutions vs. Goals

The time of making New Year's Resolutions is once again upon us! Are you an annual resolution maker? No New Year's resolutions making here!

I make goals throughout the year that have to do with all aspects of life. I make weekly goals of how many fitness classes I want to attend, goals on increasing my long run length weekly, goals on veggies, goals on household projects, lots of goals!

Some may say there is no difference in New Year's resolutions and goals. I disagree, I think there's a big difference. According to the dictionary, a goal is an end that one strives to attain. A resolution is a thing determined on; decision as to future action. Well, that doesn't really make anything clear as to the difference in the two.

To me, resolutions are big lofty pipe dreams that people come up with for the pending New Year that last about two to three weeks to then be discarded and the old ways resumed.

The word "goals" has more of a sense of being a specific target that is realistically achievable within a defined amount of time. **A goal requires action!** A goal, by definition, requires a conscious intention to do something.

It seems as though resolutions are only made on New Year's Eve, while goals can be made throughout the year at any time depending on what you wish to accomplish.

When I make a goal for something, I take as a promise to myself to accomplish and I don't like to let myself down and not "keep my promise."

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*January Quote: "What the New Year brings to you will depend a great deal on what you bring to the New Year." — Vern McLellan*

Club  
President:

Dina Harmon



# BEC January Newsletter

The Breakfast Exchange Club of Billings

**January Volunteer Opportunities:**

**Rest up and recoup!**

**Future Volunteer Opportunities:**

**Will keep you posted as events come back!**



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Those who do make New Year's resolutions seem to discard them with little care of accomplishing for the most part, so they must not be of much importance. Yes, there are some who make and stick with their resolution to accomplishment.

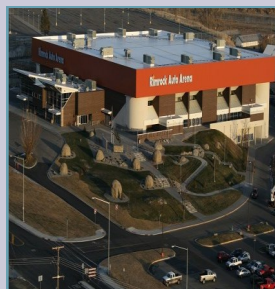
This period of resolutions time can be frustrating to those of that are goal setters rather than resolution makers. I've heard the grumbling a lot at the gym the first two to three weeks of January. Us regulars show up as usual to find all the classes full or all the equipment in use by all the resolutioners. I actually have a gentleman in my noon yoga class that every year in December, during the last class of the year, he announces to the instructor and class, I will see you all the end of January because I refuse to fight the craziness. He keeps his word and takes three weeks off from classes and comes back the end of January.

I, and I think all of the other regulars, would truly be happy for anyone that took up exercising, eating healthy, etc. if they would stick with it! When the resolution people don't stick with it, there's a feeling of frustration that the past three weeks or so of craziness was all for nothing, just resolutions discarded.

I will say this, if you decide this New Year's that you would like to make some changes whether you call it a resolution or a goal, consider it a promise to yourself, so make it attainable and keep your promise to yourself.

Be specific about your intentions and give yourself a timeline to achieve short-term and long term goals. In my opinion, it helps a lot to write down my goal deadlines in my calendar to serve as daily/weekly/monthly reminders.

A goal is a dream with a deadline. – Napoleon Hill



Come weekly at 7:00  
a.m. on Friday  
to the Yellowstone  
Room and get to know  
your fellow  
Exchangites!



2018 BEST  
CLUB  
BULLETIN

Exchange Club  
75 or more members



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Looking for something to do and support community organizations at the same time?

January 1—Embrace Yoga @ Pura Vida Studio (to bring in the New Year)

January 16—Weekend Wonders Family Program @ MT Audubon Center

1st & 3rd Thursday of month—Yoga @ Billings First Church; w/ Lisa Harmon; 10:00 a.m.

Mondays—Community Monday @ Hooligans (each week benefits different organization)

Tuesdays—Pint night at Last Chance Cider House (each week benefits different organization)

Tuesdays—Bingo Night at 406 Kitchen & Taproom (each week benefits different organization)

Wednesdays—Geeks Who Drink Pub Quiz & Trivia @ Thirsty Street At The Garage; 6:00 p.m.

**\*\*Special Days/Holidays**

1st—New Year's Day

18th—Martin Luther King, Jr. Day

happy  
new  
year



**THE BREAKFAST  
EXCHANGE CLUB OF  
BILLINGS, MT**

PO Box 2224  
Billings, MT

[www.breakfastexchangeclub.org](http://www.breakfastexchangeclub.org)

*Exchange, America's Service Club, is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities, and its national project, the Prevention of Child Abuse.*

**Committee Happenings:**

**BECON Committee—**

**Stephanie Romsa has**

**January editor duties.**

**Invocation Com-**

**mittee—We don't have**  
**a member signed up for**

**January prayer.**

**Social Committee—Holi-**

**day Open House; Janu-**

**ary 9th, 5:00 p.m.**

**Freedom Shrine —**

**Freedom Shrine rededi-**

**cation at McKinley**

**School on hold.**

**GET INVOLVED!**

*\*\*Committee Chairs—  
Please email your up-  
coming events to  
dinahar-  
mon1212@gmail.com to  
be included in next  
months newsletter!\*\**



**EXCHANGE**  
BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

## CAP Center Corner

### Goals Setting for Kids- NEW YEAR FUN ACTIVITY

Best way to be organized is to – Set a Goal, make action plan and Follow it. We all very well know this, and many of us might also be doing Goal Setting for themselves, for their Peers and some of us might be doing it for their subordinates too. But how many of us do **Goal Setting for Kids?**

This year let us try this positive experiment with our Kids. Sounds weird, but believe me it is not, in-fact this is a fun activity that you and your Kids both will enjoy. Goal setting can be easily done with Kids who can understand and do basic chores, yes it can be very well done with Kids of age 2 and onwards, the only thing is, you have to be sensitive while choosing the goals for them.

After hearing about "Goal Setting" the first thing that strikes our mind is what could be the goals for our young ones, well! it can be anything that should be taught to Kids. "Example of goals for my child," We noticed this question from parents very frequently. To give you an idea, Goals can involve –

- Age-appropriate Daily chores
- Academic Goals
- Behavioral Goals
- Healthy Habit Goals
- Sports and Hobbies goals

So here is the step-by-step note of what needs to be done:

- 1) Explain your Kid the meaning of Goal and purpose of this activity
- 2) Share your Goals to make their understanding clear on this
- 3) Goal starts with Wish, help your child create his Wishlist, Jot down the wish-list of your Kid in two terms – "I will" "What"
- 4) Share your aspirations in the form of suggestions, but let child take final call on it
- 5) Discuss with your child and for each Wish let your Child think on two terms – "How" and "What".
- 6) Do Reality check with your Kid by answering these questions
- 7) Write down final goals and action plans
- 8) Discuss the review plan, you can download the goal tracking sheet, explain to a child how to use it.
- 9) Track your Child's progress and Celebrate Success 😊

**Tips on setting goals for Kids:**

**Continued on page 5...**



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## 1) Let them choose:

For the young kids of 2-3 years of age, performing daily chores can be set as targets. It can be set by Parents after discussion with Kids, but for Kids above age 5, It is best to let them choose what they want to achieve. Of course, you should be there to guide and help them do reality check and make plan to achieve them, but to make it really motivating for kid it should be chosen by Kids.

## 2) Break it down:

Define Long-term Goals with the kid and then set short-term sub-goals to achieve this Long-term goal:

for example – My Kid want to achieve black belt in Karate. To achieve this goal, his sub-goals can be – clearing low-level belt exams step by step, last year he achieved brown level 1 belt, this year he is all set to achieve higher belts.

## 3) Make Goal SMART for them.

Here SMART means –

**Specific:** Goals should clean, precise and definite. If goals are too broad or general, they would be hard to achieve and would not create urge to achieve in Kids.

**Measurable:** Goals should be such that it is easy to measure progress. The kid should clearly understand at what point it would be achieved.

**Action-plan:** Along with Goals, the actions need to be taken to achieve them should also be well defined

**Realistic:** Goals should not be too difficult or too easy to achieve.

**Timely:** Every goal should have clear timeline associated with it.

## 4) Monitor Progress:

To make goals work, it's very essential to review the progress timely. Setup a review plan with Kids. For elder kids, you can also try having a Paper stick to his desk as a Review log to track and record kids progress towards goal. Kids should be encouraged to log entry in it after every achievement or effort. Sounds interesting right!

Few important things to be taken care of while reviewing:

Applaud Kids efforts

Celebrate Goal successes by rewarding kid

## 5) Make it a family affair:

When goals setting is made a family effort, it makes them more acceptable for Kids to target bigger challenges and honestly work towards it. Additionally, it reinforces a family environment where everyone supports each other, and Kids also learns that – “With cooperation and teamwork everything is possible”.

Although, choosing the right goals for your Kid and motivating the kid to achieve it in right direction, is the Key for success of this activity.

[www.fundabulouskids.com](http://www.fundabulouskids.com)