

# UAB LEARNDEV WHISPER

*A Weekly Publication of Learning*

## 2021 New Beginnings

2020 has been a challenging year. Our jobs and the way we work has changed. Many things we had or have no control over. However, life, and most of what happens to us, is based on our decisions – our choices. That's powerful! We do have some control over our lives.

While we are doing many things differently, we can make our lives better by making good decisions and making plans for our future. With the new year coming, now is the time to take stock of where you are and where you want to be in the next six months, year, five years, and where you want to be when you retire.

If you are not where you want to be today, set achievable goals, get an accountability partner or mentor, and go for it. You can control most of what happens to you. Start now becoming the person you want to be, and you'll be ready for almost anything life throws at you.

Start today, plan for a better new year!

### CALL TO ACTION:

- Do a thorough examination of your life. Are you where you want to be now? What's missing or keeping you from living it?
- Make a list of things you can do and let these be the foundation for your goals. Your goals can be short and long term.
- Find a mentor or accountability partner and share your dreams and goals with them.
- Strive for excellence. You might not be perfect, but you can do amazing things. To do this, create at least two stretch goals.

### KEEP ON LEARNING\*

- ▶ Watch the course, [\*\*Create an Amazing Life\*\*](#) (22m – If that's too long, watch parts that look interesting to you.)
- ▶ Check out the video, [\*\*How to create a stretch goal\*\*](#) (1m 55s) If you need a review of SMART goals, watch the course.
- ▶ Here's another great video, [\*\*You are a futurist\*\*](#). (1m 31s)
- ▶ Read [\*\*Jobs in Demand in 2021: Top Careers for the New Decade\*\*](#) (5m read) No one can predict the future to exact specifications, but Career Group Companies does a good job predicting job changes.
- ▶ The future depends on what we do in the present. Mahatma Gandhi **OR** Do something today that your future self will thank you for. [www.YourPositiveOasis.com](http://www.YourPositiveOasis.com)