

Wellness Wednesday Tip from Mrs. Miller

Some people think that finding a four leaf clover, especially on St. Patrick's Day can bring you luck. Today we're going to learn how we can make our own luck! If you have a dream or a goal, the best way to reach that goal is to make a plan. For example, suppose I want to make the soccer team but I've never played soccer. What are some ways I can put a plan in place and prepare? (Get a soccer ball, practice at home, ask a friend that plays soccer for help). In order to reach our goals, we can create our own luck by putting an action plan in place. I'm sure you all have something you'd like to do or would love to have. Make today your day to make our own luck! A goal is something we dream about or desire to happen. A lot of people say 'follow your dreams' or 'dream big' and we should, but we need to have a plan in place to work towards it. Some steps we can take to do this are:

Step 1: Write down your goal (the thing that you want)

Step 2: Think about how you can make it happen

Step 3: Make a plan and write it down

Step 4: Follow your plan and don't give up!

Think about a dream you have – it can feel big or small. It can be something you've wanted to do at home or school, etc. Write it down today. Then, think about how you can make that happen. What do you need to do, or do you need help with in order to make that goal a reality? When you have some ideas, write them down as well and work towards making your own luck today!