



Oct, Nov,
Dec 2021

Family Self-Sufficiency Newsletter

How to Achieve Something in Life

Co-Authored by Kirsten Parker, MFA



To achieve something in life, you will need to identify important life goals, create a plan of action, and possibly even consider questions of personal identity. Goal achievement involves clarity of purpose, persistent determination, and a reward system that keeps you on your intended path. Most importantly, it requires a goal that keeps you inspired.

Part 1—Setting Your Goals

Clarify your goal: You may be passionate about obtaining an advanced degree, starting a family, creating a successful business or writing a book. Begin visualizing these goals and talk to competent people about how you might achieve your aspirations. Ask yourself what really makes you happy and try to follow your happiness.

Recognize your strengths: For example, if you are good at drawing, consider careers in visual design. If you are good at writing, think about how you can leverage that in your own career. That doesn't necessarily mean that you should commit yourself to being a novelist or an artist, which can be difficult careers. But you should consider other careers that utilize these skills, like advertising, architecture, interior design, or law.

Inside this issue

How to Achieve Something in Life	1 -2
Volunteer Opportunity Workshop	3
Volunteer Opportunities in Our Community	4
Family Self-Sufficiency Success	5

Identify obstacles that may interfere with your goal. For example, you might have an innovative business concept, but not enough capital to get it off the ground. It is impractical to get into sports or some professional careers past a certain age. Talk to people who have followed the route you are entertaining to determine if it is viable option for you.

Part 2—Creating a Plan

Talk to someone who is successful: To get a sense for what you will need to do to accomplish your goal, you should talk to someone who has already accomplished it. Ask her what steps she had to take to reach her goals.

Create a goal achievement action plan: Your goals will be more actionable if you create a plan to realize them. Create a timeline for each goal and identify the steps necessary to realizing each of them. Put it in writing and be as specific as possible about date, small steps, and verifiable benchmarks for success.

“Once you have an action plan, you should reward yourself every time you meet a goal.”

- Determine the steps necessary to achieve life goals. For example, to get into a reputable law school, you must first complete an undergraduate degree with a high grade point average.
- Break down each large goal into smaller steps. For example, applying to reputable law schools will require that you submit reference letters, write a personal statement, and detail any experience in a law office.
- Create a plan for addressing obstacles and personal challenges.



Stay motivated:

Once you have an action plan, you should reward yourself every time that you meet a goal. Rewarding yourself will keep you motivated, though you need to make sure that you have set clear benchmarks.

Volunteer Opportunity Workshop

On October 5, 2021 the Family Self-Sufficiency Program hosted a virtual workshop designed to connect FSS participants with opportunities to volunteer in our community. The FSS program is committed to helping participants achieve their goals and as we discovered in this workshop, giving back can be both personally rewarding and helpful in establishing connections with your community. Volunteering can also foster connections that can lead you toward a career path.

Presenters at this virtual workshop were from **Serve Idaho /Idaho Department of Labor** and **Ronald McDonald House Charities of Idaho**. They presented us with some interesting facts about the benefits of volunteering and shared the information and resources listed below with attendees.

Volunteering Can Benefit You

Benefits to your health:

- Decrease depression
- Decrease anxiety
- Decrease risk of developing dementia
- Increase social connection
- Increase self-esteem
- Increase physical activity
- Lengthen lifespan

Benefits to you personally:

- Find meaningful experiences that benefit you and your community
- Provide a sense of pride and Identity
- Creates a sense of purpose

Helps your career goals:

- Develop and refine new skills
- Round out your resume
- Meet new people/Network
- Make you more confident
- Determine your career goals
- Gain relevant work experience

Courtesy of Serve Idaho/Department of Labor



Listed below are some helpful resources to help you find a volunteer opportunity in your community

Provided by Southwest Idaho Directors of Volunteer Services (SWIDOVS)

Current state of volunteering in Treasure Valley

<https://www.volunteermatch.org/>

Rake Up Boise – Saturday, November 13, 2021

Register as a team, adults and kids welcome, you will need to have rakes and gloves

<https://app.servicedays.com/events/24/teams/new>

Idaho Food Bank – group or individual/family volunteering

<https://idahofoodbank.org/give/volunteer/>

Idaho Humane Society – at home supply drive or projects

<https://idahohumanesociety.org/wp-content/uploads/2020/10/Enrichment-and-Treat-DIY-Book.pdf>

Just Serve:

<https://www.justserve.org/>

Ronald McDonalds House:

<https://www.rmhcidaho.org/>



For help with finding out more about volunteer opportunities, or to answer other FSS questions, please contact your FSS Coordinator:

Jaé (208)287-1060
Trudy (208)287-1059
Melanie (208) 287-1079

jetchart@bcacha.org
tnebeker@bcacha.org
mholman@bcacha.org

Family Self-Sufficiency Success

Graduating from FSS can be a rewarding accomplishment. So far this year, we have had three very successful participants graduate from the program.

One of our recent graduates of the FSS program is Alok. Alok joined FSS in June of 2015 and she has worked diligently for the past several years to improve her financial status. While on the FSS program, she has been able to decrease her debt, improve her credit score, and increase her income. Alok has also accomplished many personal goals along the way.

Alok began working for her current employer on a part-time basis in 2017, with a goal of creating a better future for herself and her children. She was first promoted to full-time and then just recently received another promotion. Through hard work, determination, and dedication, Alok has earned her success.

Congratulations Alok!



The Marines will be assisting our FSS families with **TOYS FOR TOTS!**

Our Agency is applying for Toys for Tots in October so that you are able to receive your toys before Christmas. We will be mailing out applications soon so watch your mailbox. We will be notifying you.