



# A BREATH OF *Fresh Air* WITH TAPS OUTDOORS

Breathing in the New Year • January 2021



## JANUARY THEME: BREATHING IN THE NEW YEAR

WEEK 3: JANUARY 28 - 26

ACTIVITY: CULTIVATING MOTIVATION

This week on the fifteenth episode of [A Breath of Fresh Air](#) with [#TAPSOotdoors](#) we are **Cultivating Motivation** through mindfulness, consistency and SMART goals! With the activity sheet below, we encourage you to map out your SMART goals for the week, month or year!

### What Are SMART Goals?

SMART goals is an acronym for smart, measurable, attainable and relevant. This is tool we can utilize to clearly define and achieve what we desire.

Watch this TAPS webinar, [Goals, Grief and How Things Change](#) hosted by Renee Monczynski, where she shares how to set realistic goals, how to give ourselves credit for the small wins, how to reset after lessons learned, and how to achieve those wonderful dreams in realistic expectations.

We invite you to print this sheet and take it on a walk with you. Get curious and use the fresh air to inspire you to create measurable goals for yourself.

We also invite you to revisit this [Nature Journaling template](#) from our New Year's break as a tool to support your noticing of the magic Maeve discussed on this week's episode.

When you're ready, remember you can share your experience with us by taking a photo or video and sharing it using [#TAPSOotdoors](#) or email us at [expeditions@taps.org](mailto:expeditions@taps.org).

At TAPS we have resources that can meet you wherever you are in your journey with access to [local counseling services](#), peer outreach through our [Survivor Care Team](#), [education](#) and [casework services](#), and a wealth of [publications](#) and [more](#). We are available to you 24/7 through our Helpline at **1(800)959-8277**.

*Use this SMART Goals Worksheet for Motivation*

Print this worksheet & write your goals below!

Your Goals (list your goals below)	S: Specific	M: Measurable	A: Attainable	R: Relevant	T: Timely	What keeps you motivated?