



# 2021 CHECKLIST

BY TAMMIE NEWMAN

The conclusion to 2021 has many of us scrambling to put the final checkmarks by our 2021 goals still taped to the sides of refrigerators or the bottom of desktop screens. I'm guilty. My first goal was to make an old school vision board complete with magazine clippings, photos, glitter, and foil stars. I managed to create a mental vision board. Does that count?? The vision includes learning something new every single day via newscasts, articles, webinars, online courses, etc. I kept that one, believe it or not. I even reinforced it during the educators' new year in July. I set my alarm 30 minutes early to review professional publications on LinkedIn and national magazines with updates pertaining to public relations, athletics, social media, and the like. My other goals were either overlooked, attained or still reachable. I have several items displayed across my imagination in which I tinkered with month after month before I realized it was already holiday season and time was running out. I recently put a large dent in my endeavors. Just this week, I was able to secure a residence closer to my hometown and to family. THAT was a huge leap for me but one I knew I had to make after 7 years of driving back and forth during the work week. So, that's one giant 2021 checkmark for me. That was my major personal goal. My professional growth is always a work in progress. Stay tuned for what is next because I am always surprised by what could and should happen, but sometimes not. Sometimes more, sometimes less but one thing is for sure- to never stop learning and expanding skills while meeting gifted professionals.

My question for you is, do you take inventory of the past 12 months, or do you jump headfirst into the next year? As educators, coaches, and administrators, it's routine to plan ahead but as mentioned in my last blog, it's also a time to reflect on your accomplishments and put some checkmarks on that personal evaluation. Think about what you set out to do, how you went about it and what the results were. Both personal and professional goals matter. You are your best audience yet harshest critic. Did you set out to take a class or a post-Covid trip? Were you able to add a few more student-athletes to the roster of smaller sports? Did you manage to balance life and work schedules? If so, send cliff notes! I suggest you review your calendar and pull three items from each month. Meetings/parties/disappointments/ the top three memories you have from each month. Once you have those listed scan once more for the things that provided GROWTH, spiritually, mentally, physically alongside personal, and professional growth. Put those items on your 2021 checklist. Focus on what you learned to do and not to do in various situations. Ask yourself how these 2021 growth spurts will enhance your 2022. Trust me- when you see all you have accomplished in just 12 months, you can't help but smile. Even the sad, disappointing events have merit as you are still here, stronger from what could have broken you. You survived.

Stay growing and ready for 2022. Gift yourself TIME and the ability to Laugh, Leap and Learn while passing your best traits on to family, friends, co-workers and even strangers. Check yourself... and move on to 2022.

~DECEMBER~