

# GLASSER INSTITUTE FOR CHOICE THEORY

MONTHLY NEWSLETTER FROM THE STUDENT LEADERSHIP COMMITTEE



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by Lauren Joyce

It's that time again- a brand new year! A year to discover new opportunities and a time to manifest a fresh start towards obtaining your goals and creating your Quality World. How do you organize and lay out your ideas to achieve your goals for the coming year? For me, I create a vision board; this provides me with a visualization and a direction on what I need to do in order to bring my goals to fruition. I'm sure there have been many times in your life (especially last year) where you can remember being at a crossroad and finding it challenging to make an important decision. Vision boards can provide clarity through uncertain times and refocus you to better make decisions towards conquering your goals.

Prior to creating a vision board, as we are always evolving, I recommend you take some time to reflect on the person you want to become this year. In the words of William Glasser, self-evaluate your actions; change your thoughts, and align your actions so that you become what you think! Sink into the desirable details that will help you achieve your overall goals and map them out. Give yourself a clear path! Inch by inch, it's a cinch, you can do it!



## **YOU'RE INVITED!**

- Symposium Training by Dr. Jeri Ellis on Ethics and CT/RT

Saturday, January 9<sup>th</sup> from  
11am-12pm est.

- Student Chapter Meeting,  
hosted by Lauren Joyce

Wednesday, January 6<sup>th</sup> from  
4pm-5pm est.

Please email [lauren.joyce@snhu.edu](mailto:lauren.joyce@snhu.edu) for a meeting link invitation

## **WHAT'S TO COME IN 2021!**

- Monthly symposium trainings!
- Student research submission to the Journal of Choice Theory and Reality Therapy
- Leadership training videos!

If you would like to participate in any of the student committee's activities or have any questions, please email [lauren.joyce@snhu.edu](mailto:lauren.joyce@snhu.edu)