



# Trustee Times



*Support & Trustee Advisory Services gratefully and proudly acknowledges the generous grant received from the Wordham Family Fund at the Community Foundation of Mississauga*

## Upcoming Seminars Fall 2007

<i>Location:</i>	<i>Date and Time</i>	<i>Seminar</i>	<i>Address</i>	<i>Contact to RSVP</i>
Brampton	Sept. 20, '07 7:00 - 9:00 pm.	<b>WILLS &amp; TRUSTS</b>	19 Rutherford Rd. South	905-453-8841
	Oct. 18, '07 7:00 - 9:00 pm.	<b>FINANCIAL PLANNING</b>	BCCL - 34 Church St. W.	905-453-8841
	Nov. 13, '07 7:00 - 9:00 pm.	<b>PLANNING FOR YOUR CHILD'S FUTURE</b>	BCCL - 34 Church St. W.	905-453-8841
Mississauga	Oct. 17, '07 7:00 - 9:00 pm.	<b>WILLS &amp; ESTATE PLANNING</b>	CLM, 6715 Millcreek Dr., Unit 1	905-542-2694 x 2223 Shanta Maharajh
	Nov. 21, '07 7:00 - 9:00 pm.	<b>FINANCIAL PLANNING &amp; MHIL</b>	Erinoak, 2277 South Millway	905-542-2694 x 2223 Shanta Maharajh
	Dec. 5, '07 7:00 - 9:00 pm.	<b>PLANNING FOR YOUR CHILD'S FUTURE</b>	CLM, 6715 Millcreek Dr., Unit 1	905-542-2694 x 2223 Shanta Maharajh

## HOW TO STAY MOTIVATED:

In the June newsletter we featured an article about procrastinating and continue on this vein in this newsletter with suggestions as to how to stay motivated, in the hopes that it will assist parents with planning for their child's future. The following article has been printed from [www.lifehack.org](http://www.lifehack.org)

....Anything you do, no matter how simple, has a number of good reasons behind it. Not all the tasks have the good reasons to do them seen at first sight, but if you take just a few moments to analyze them, you will easily spot something good. We also have many tasks which don't need any reasoning at all - we've been doing them for so long that they feel natural.

But if you're ever stuck with some task you hate and there seems to be no motivation to complete it whatsoever, here's what you need to do: find your good reasons. They may not be obvious, but stay at it until you see some, as this will bring your motivation back and will help you finish the task....

Everything you may be working on can be easily split into smaller parts and stages. For most goals, it is quite natural to split the process of accomplishing them into smaller tasks and milestones. There are a few reasons behind doing this, and one of them is tracking your progress.

We track our progress automatically with most activities. But to stay motivated, you need to *recognize* your progress, not merely track it.

Here's how tracking and recognizing your progress is different: tracking is merely taking a note of having reached a certain stage in your process. Recognizing is taking time to look at a bigger picture and realize where exactly you are, and how much more you have left to do.

For example, if you're going to read a book, always start by going through the contents table. Getting familiar with chapter titles and memorizing their total number will make it easier for you to recognize your progress as you read. Confirming how many pages your book has before starting it is also a good idea.... reading any book you will be automatically looking at page numbers and chapter titles, but without knowing the total number of pages this information will have little meaning.

**Somehow, it is in a human nature to always want things to happen at once. Even though we split complex tasks into simpler actions, we don't quite feel the satisfaction until all is done and the task is fully complete. For many scenarios though, the task is so vast that such an approach will drain all the motivation out of you long before you have a chance to reach your goal. That's why it is important to always take small steps and recognize the positive ... progress made.**

....Feeling down about doing something? Dread the idea of working on some task? Hate the whole idea of working? You're not alone in that....!

...Your progress may not seem to others like anything worth celebrating - but take time and do it anyway! It is your task and your reward, so any ways to stay motivated are good. The more you reward yourself for the honestly made progress, the more motivated you will feel about reaching new milestones, thus finally accomplishing your goal.....Just think about it: finding good reasons to work on your task is bound to help you feel a bit better. Identifying ways to make it fun will help you enjoy the task even more. Finally, if you then plan a few points for easier tracking of your progress and on top of that agree on rewarding yourself as you go - this will make you feel most motivated about anything you have to work through.

*Gleb Reys is a creator and maintainer of the [Personal Development](#) portal, where he regularly writes about successfully setting and reaching your goals through becoming more organized, productive and motivated person. Subscribe to his [Personal Development blog feed](#).*

Success is dependent on effort

~Sophocles~

## New Resources: **Transition Planning**

This piece is taken from the Child Development Resource Connection Peel web site: [www.cdrcp.com](http://www.cdrcp.com) and talks about a new publication entitled "Connections" that is available to families to help them with transition planning. "Connections" can be downloaded or viewed from the web site.

### **START PLANNING FOR TOMORROW.....TODAY!**

The future has a way of sneaking up on you when you are busy with everyday living. When you have a child with special needs, decisions about the future are often more complicated and you need to be prepared sooner rather than later. The realities of the adult service system - more demand for supports than there is ability to provide - makes this essential.

[Connections](#) is a self-help manual on transition planning written specifically for parents - to help you plan and make decisions for the future that are right for you, your child and your family. There is a lot of information in *Connections* - how to develop a transition plan, suggestions for building your child's self-reliance skills, ways to access adult services in the communities in Central West Region, timelines for applying for programs and suggestions for you, the parents, to connect with other parents to make this process more manageable. This guide will help you plan for the time when your child is no longer in school every day and seeking supports from the adult service system.



## **STAS Planning Workbook**

Is available free of charge to interested families!

For more information call Sue at 905-542-2694

ext. 2312



# Is it time to renew your membership??



To learn more about STAS, simply complete the form below and mail or fax it to STAS at 905-542-0987. Alternately, contact our coordinator, Sue Taggart at 905-542-2694 ext. 2312 or 905-453-8841 ext. 548:

## I want to learn more about STAS!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

email: \_\_\_\_\_

telephone: \_\_\_\_\_ home

\_\_\_\_\_ work

- I want to be a member! My registration form and \$10.00 membership fee are included!
- I want to purchase a print - please contact me!
- I want to be meet with the coordinator regarding future planning!
- I want to know when there will be a wills and estates seminar