

The Monthly Thrive



Thrive Within

By Lifetime Counseling Center

JANUARY 2026

Realistic Goals for 2026

How can we set ourselves up for success in a new year? The easiest way achieve and track our goals is to make sure we are setting realistic goals.

- Start with your “why” - why do you want to make this change? Why is this important to you?
- Start with only a few goals, 1-3 goals is perfect
- Make your goals specific but also flexible
- If you have a big goal in mind, break it up into smaller achievements
- Track your progress toward your goals so you can visualize your growth
- Check in with your goals throughout the year, it’s okay to make changes if a goal no longer fits your needs



Balanced Eating

A popular resolution for a new year is improved eating habits. We can set ourselves up for failure when we say we’re going on a “diet.” We can see more success when we change our mindset to view our goal as a more balanced way of eating. Here are a few simple ways to slowly start switching to a more balanced diet:

- Give yourself grace, it isn’t about perfection in every meal
- Start by being consistent with at least one balanced meal or snack until it becomes a habit
- Read the ingredients list, if some ingredients sound “off” or hard to understand, put it back on the shelf
- Try having a variety of color on your plate during meals
- Try to hit all of your main food groups in a meal at least 2 times a week
- Listen to your body
- Make meals that you're excited to enjoy



Dates and Events

- 1/1 - Happy New Year!
- 1/3 - Game On! Run for Responders 5K
- 1/10 - Health First Fight Child Hunger 5K
- 1/15 - Rise & Reset Empowerment Workshop
- 1/17 - Manatee Hustle 5K
- 1/19 - Martin Luther King Jr. Day
- 1/24 - Light the Darkness 5K

*Happy
New Year*

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A Journey to Resilience

A program of Space Coast Health Foundation
& Lifetime Counseling Center