

Palisadian-Post

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Kid's Page

Dear Vany,

I want to set myself some goals for 2021! But I have no idea what goals I want to reach. Do you have any ideas?

—Stuck

Dear Stuck,

I understand the struggle and my best advice would be to not set any unrealistic goals. If you do, and then you end up not doing them to your full potential, you may be disappointed in yourself and feel unmotivated.

I think you should set realistic goals, like working out, getting up earlier or learning a new recipe. For example, a way I've gotten up earlier and made sure to get ready for things on time is by simply setting alarms on my phone. If I get an alarm that says it's time for me to exercise, stretch or get up, I always make sure I push myself to do it.

Some other goals could be getting better at your sport, getting an ollie on a skateboard or a wheelie on a bike, and other fun things that you will be motivated to reach.

I hope this will help you reach your goals this new year!

Thank you for writing!
Vany

Dear Vany

Junior Reporter Vanessa "Vany" Masterson answers her latest set of questions from Palisadian-Post readers. If you have a question you would like to send to Vany, email it to mypost@palipost.com.



Dear Vany,

This is the year I am going to ask my parents for a pet. Do you think I should ask for a dog or a cat?

—Future Pet Owner

Dear Future Pet Owner,

I 110% think you should get a cat. Cats are so easy to take care of and are always super, super cute. They are most of the time very snuggly and you don't have to take them on walks every day.

Now if you get a cat and you also want a dog after that, take care of the cat really well. Then once you're good at taking care of the cat, maybe your parents will feel better about getting you a dog, which is a lot more responsibility.

If you want a dog, I think you should ask them extremely politely when they are in a good mood. My brother and I made a slideshow and wrote a contract to persuade our parents into allowing us to have pets.

I hope it all works out, there's nothing better than having a pet you love!

Thank you for writing!
Vany