

Working with MS Support Group

WorkingWithMS.DC.MD.VA@gmail.com (301) 337-8106

<https://sites.google.com/site/workingwithms/>

Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850

February 09, 2020

Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in/Your Gratitudes this Month
3:15pm	(Re-) Set Your Goals with MS The secret of man's being is not only to live but to have something to live for. -- Fyodor Dostoyevsky Setting goals can help us live the life we truly want to live. -- Anon Whether you think you can or think you can't, you're right. -- Henry Ford
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & "News You Can Use":

The Power of Setting Goals for People With MS (by M Dawson w/ S Mackenzie, MD, PhD; Everyday Health 2017AUG21)

<https://www.everydayhealth.com/multiple-sclerosis/living-with/power-setting-goals-people-with-ms>

The Value of Goals: Here are 6 steps to value-based goals (by N Farber, MD PhD CLC CPT; Psychology Today 2012Apr19)

<https://www.psychologytoday.com/us/blog/the-blame-game/201204/the-value-goals>

Why Setting Goals Is Important (Skilled At Life.com)

<http://www.skilledatlife.com/why-setting-goals-is-important/>

Goal setting & Core Values (by E Klein; Dharma Consulting 2008)

<http://dharmaconsulting.com/pdf/Goalsettingwithcorevalues.pdf>

The Strangest Secret by Earl Nightingale (Law of Attraction)

<https://www.youtube.com/watch?v=EFhkdzj-x80>

Why you don't get what you want; it's not what you expect | Jennice Vilhauer | TEDxPeachtree (2015DEC16)

<https://www.youtube.com/watch?v=FwLeiY5f7sI>

Change Your Mindset and Achieve Anything | Colin O'Brady | TEDxPortland (2017JUL11)

https://www.youtube.com/watch?v=vo_IZiysMw

Next/Upcoming Meetings:

March 8th – Meeting (NB: Daylight Saving Time Starts! Remember to set your clocks *ahead* an hour Saturday night!)

April 5th – Meeting (**RESCHEDULED to avoid the Easter Sunday parking shortage at the Rockville Nursing Home**)

May 17th – Meeting (**RESCHEDULED to avoid the Mother's Day parking shortage at the Rockville Nursing Home**)