

KY-SPIN's Youth eNews 3/31/2026



Youth News!

Get **SET**...**S**upport, **E**ducate, **T**rain for Success!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

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A Small Daily Habit That Makes a Big Difference

Practicing self-compassion as a daily habit can help you stay motivated, reduce stress, and build resilience when things don't go as planned. When you learn to support yourself rather than judge yourself, you develop the confidence and emotional strength needed to keep trying, grow from challenges, and move closer to your goals. Watch this *Child Mind Institute* video to find out how to start.



Are Your Daily Habits Helping or Hurting Your Success?

The small things you do every day can make a big difference in your future. Habits like getting enough sleep, arriving on time, staying organized, and finishing tasks may seem simple, but they help build the skills you need for success in school, work, and

independent living. On the other hand, habits like procrastinating, staying up too late, skipping responsibilities, or spending too much time on screens can slowly make things harder. The good news is that habits can be changed—one small step at a time.

Think about your daily routine and ask yourself: Which habits are helping me reach my goals, and which ones might be holding me back? Building positive habits doesn't mean being perfect. It means practicing skills like time management, responsibility, and self-advocacy so you can feel more confident and in control of your future. Every day is a new chance to make choices that move you closer to the life you want.

Kentucky's Exceptional Youth Voices!!!

Question:

I feel like some of my habits are holding me back. I stay up too late, procrastinate on homework, and sometimes forget important things. I want to do better, but it feels overwhelming. How can I start fixing my bad habits?

Answer:

Changing habits can feel difficult, but the key is to start small. Instead of trying to fix everything at once, choose one habit you want to improve and focus on that first. For example, you might start by setting a consistent bedtime or using a planner to keep track of assignments. It can also help to find someone you trust—like a parent, teacher, mentor, or friend—who can help keep you accountable and encourage you along the way. Small changes practiced every day can turn into strong habits that help you succeed.



Each month, we will share an advocacy success story or answer a question about life, school, and friends sent to us by students around the state. Your stories and questions are important, so don't wait, be a part of the changes in Kentucky today.

Stay on Top of Your Inbox

Checking your email several times a day may seem like a small habit that isn't very important. However, it can make a big difference in helping you stay organized and prepared.

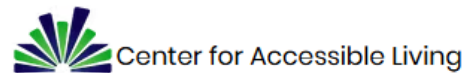
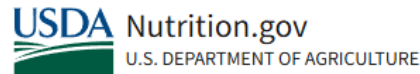
When you regularly check your email, you are more likely to stay in control of your schedule, feel confident about upcoming plans, and manage your time better. Take a look at this flyer for simple tips that can help make checking your email a quick and easy daily habit.



Helpful Resources

As you work toward your goals and plan for life after high school, learning how to build positive daily habits can make a big difference in your success and independence. Habits like staying organized, managing your time, getting enough sleep, and following through on responsibilities can help you do well at school, work, and in your community. The good news is that there are many tools, strategies, and supports available to help you develop and strengthen these habits step by step.

Organizations like **KY-SPIN**, school transition programs, and community support services can help you learn strategies, find helpful tools, and connect with people who want to see you succeed. With the right supports and a willingness to start small, you can build habits that help you move toward the future you want.



SELF-ADVOCACY GOALS FOR THE IEP

Adding goals to your IEP that focus on self-advocacy will increase your understanding of your disability and give you the skills to speak up for what you need.

I can demonstrate an understanding of my skills and needs.
By the end of IEP cycle, student will be able to identify three accommodations or modifications that are listed on their IEP and ask for them independently with _____% accuracy.

I can demonstrate an understanding of my disability.
By the end of the IEP Cycle, student will be able to communicate with others about their disability and what he/she needs to learn successfully with _____% accuracy.

I can understand and speak up for my needs.
By the end of the IEP cycle, the student will be able to identify specific environmental modifications and explain why they are useful to him/her with _____% accuracy.

I know how to advocate for myself.
By the end of the IEP cycle, student will be able to participate in school meetings and advocate for themselves with the support of parents and teachers with _____% accuracy.

WWW.KYSPIN.ORG 800-557-7162 SPIN@KYSPIN.ORG



Self-advocacy is one of the daily habits that can help you succeed in school, work, and life. It means understanding your own strengths, challenges, and needs, and learning how to speak up for the supports that help you do your best. These skills help you better understand your disability and communicate clearly about what helps you learn and participate successfully.

Developing self-advocacy skills also helps you become active participants in your education and future planning. This might include explaining how you learn best, sharing what supports help you, or participating in meetings such as your IEP or transition planning discussions. By learning to respectfully advocate for yourself and recognize when you need help, you can build confidence and independence.

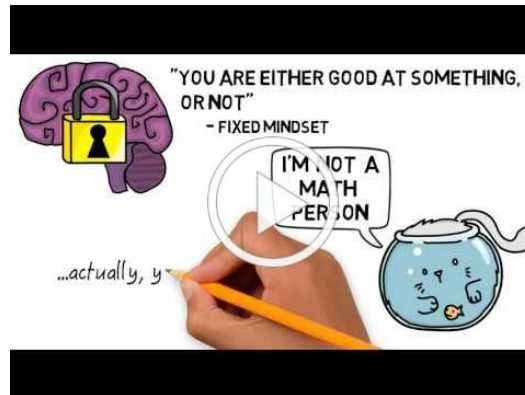
Developing the habit of respectfully speaking up for your needs prepares you for success not only in school, but also in college, the workplace, and your community.

Do You Have a Growth Mindset?

A growth mindset means seeing challenges as opportunities instead of obstacles. When you have a growth mindset, you believe that you can learn new things, improve your skills,

and grow through effort and practice. Instead of giving up when something feels difficult, you remind yourself that learning takes time and that mistakes are part of the process.

Having a growth mindset also helps you recognize habits in your life that may be holding you back. When you believe you can grow and adapt, you become more willing to change those habits and try new strategies that help you succeed in school, work, and everyday life. Check out the video below to learn more!



If you need someone to talk to...

988 Suicide & Crisis Lifeline: Call or Text 988
Website: <https://988.ky.gov>

Learn more about us [KY-SPIN Infographic](#)
REQUEST ASSISTANCE OR MAKE A REFERRAL
800-525-7746 or 502-937-6894- spininc@kyspin.com
[Contact Form \(www.kyspin.com/contact/\)](http://www.kyspin.com/contact/)

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