

Pondering Point

When we think of making *resolutions*, most of us only do it as the New Year approaches. Why? Perhaps there is something magical about the first day of a new year. We give ourselves 365 days of slack to lose that extra weight, stop some impeding habit or even change the direction of our lives. *Does all that time cut us some slack – or cause us to slack off?*

Resolutions can be made any time of year and completed much sooner. A lot depends on our level of commitment to the goal. When we focus on external resolutions, such as changing our appearance or adjusting our physical world, without investing internally we find progress harder to attain and the payoff short-lived. Realizing and committing to the internal benefits can make us feel better and build confidence. *How can we make a goal into a habit?* Keeping the goals realistic and learning from the past can help. *How do we change our lifestyle?* Remembering to do this goal for ourselves and celebrating successes along the way make resolutions more fun. If we stay true to who we are and focus on what we want, we can make this the best year yet – no matter what time of year it is!

Are RESOLUTIONS only for the New Year?

Why are we only motivated in January?



Imagine... having enough faith in yourself to do anything you set your mind to.

— From Pondering to Practice —

Activity

There is power in the pen!

Try This - Write down your resolution(s) and tell someone else.

- Break down the goal into smaller, simpler steps.
- Be specific and include the dates you want to complete each step.
- Ask them to hold you accountable.
- Remember to also hold yourself accountable.
- Allow them to cheer you on and keep you on track!

Bringing someone else into your resolution will make it more fun to celebrate when your goals have been met!

Self Reflection

When thinking about resolutions ask yourself these questions:

- Is this goal realistic?
- What positive benefits will achieving this goal bring to me?
- What is my underlining motivation?
 - Am I doing this for me – or for someone else?
- Who can help keep me stay motivated along the way?
- Who am I going to celebrate my successes with?

“We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential.”

- Ellen Goodman