Resolutions vs. Self-Reflection

The new year has arrived – it's a time when many of us are making resolutions, like exercising more, volunteering, and strengthening relationships with family and friends.

Contemplative practices, such as meditation and self-reflection, can help guide you as you set goals for 2023. Ask yourself:

- What do I really need (including relationships and community)?
- What do I value?
- How can I be my authentic self?
- How have my actions and mindset contributed to where I currently am?
- What went well during the past year and what could have been better?
- How can I repeat the successes and eliminate the mistakes?

Contemplative practices provide other benefits, as well, such as alleviating depression and anxiety, improving overall health and wellbeing, easing pain, and inducing feelings of calm and clear-headedness.

Tip: Make a lifestyle-change goal manageable by trying the Stop/Start / Continue exercise. For example:

Stop drinking soda everyday

Start drinking 8 glasses of water each day

Continue walking 1 mile per day

Self Reflection

Allows you to connect deeply with yourself and with God or your higher power.

Encourages you to take an honest look at your actions and mindset that have contributed to where you are currently.

Helps you to celebrate what went well during the year, acknowledge what could have been better, and to formulate a plan for repeating the successes and eliminating the mistakes.

Resolutions

Can set us up for a succeed-and-fail mentality. For example, if you resolve to lose weight, and have a setback, you may become discouraged and decide to stop trying.

Can add stress – trying to keep the resolution and feeling guilty if you can't.

Focus on a desired end-result without a plan to get you there.

Resolutions are more finite. For example, "I will stop smoking in 2023."

Sources

- [Reflections vs. New Year's Resolutions - What's the Difference?](#)
- [Choose one of these five goals for a healthier 2023](#)
- [Why Is Spirituality Important?](#)

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