

Don't Make Resolutions

Soon we will welcome in 2018. Could this be our year? The year we change whatever it is we have been thinking about for a while now? If you have made or will make New Year's resolutions, you are not alone. Almost half of all people will make a New Year's resolution. But the estimate is that less than 10% of New Year's resolutions are achieved. The truth is, psychological studies report that only about 8% of us are successful in making a change that sticks.

Studies also suggest that if we look back to resolutions we made in previous years, they will be very similar each year. The reason is that habits are hard to change.

What would happen if we didn't set any resolutions? What if, instead of setting resolutions or a list of goals we can start on New Year's Day, we enter into a mode of being fully present and absolutely positive about how great 2018 is going to be?

If we try to maintain this approach, we will likely end up doing everything we are supposed to do when it is supposed to be done.

What if we just remain open to the possibility of our potential, receptive to change and ready to show compassion to ourselves for our shortcomings?

What if we opened ourselves up to what our hearts are yearning for, or what God is yearning for us?

If we do these things, 2018 may not end in disappointment; but instead, may result in a year with an abundance of positive opportunity for our lives.