

Counselor's Corner January 11, 2021

Goodbye 2020, Hello 2021!

Welcome to a new year filled with hope, a new beginning that promises change and renewed optimism for overcoming the immense challenges of 2020. In light of all that has been endured, perhaps we may feel more determined than ever to make and stick to our “new year’s resolutions” in 2021. However rather than stressing over whether or not we’ve started them (or perhaps already messed them up!), a different approach may be more effective. Ariane de Bonvoisin, author of *The First 30 Days: Your Guide to Making Any Change Easier*, suggests that we ask ourselves five questions:

1. *What do I most want to feel this year?* This question takes goals and resolutions out of the ‘task’ frame and into the ‘experience’ frame. Every goal we make is because we want to feel something. Pick the feeling that’s the real reason you want to achieve a specific goal.
2. *Whom am I going to choose to love unconditionally this year, to the best of my ability, no matter what happens?* Pick a relationship that needs some loving intention, kindness, forgiveness, patience or time spent on it, and work on moving toward acceptance.
3. *How will I get back on track when life gets hard?* The 3 R’s technique of reflection, recovery and repair can help us figure out what went wrong, how to regain a positive focus, and how to start again.
4. *Who is someone I can help achieve their most important resolution?* This takes the focus off self, and helps contribute to someone else’s life. Learn about the dream of a friend or family member, and offer encouragement to help them remain accountable to their commitment.
5. *What word can I pick as the quality I most want to focus on this year?* This question challenges us to cultivate something deep within ourselves. Focusing on a quality of being rather than a specific external goal promotes growth that can make us feel wonderful.

Cheers to 2021 and all the promise it holds! May you and your families be blessed most abundantly this year.