

# THE UN-RESOLUTION of the New Year: 2021

## WHAT'S YOUR WORD ??



New Year's Resolutions hardly work! WHY?? They often are really big goals with NO Plan.

What if our hopes for the year ahead centered on a word? Something we can commit to applying to all areas of our lives.

The New Year is a natural time to start. The question is, HOW? FOLLOW THESE STEPS:

**Step 1: DETERMINE THE KIND OF PERSON YOU WANT TO BECOME:** The first step is to simply take some time and decide what kind of person you want to be at the end of this year. This goes beyond simply being healthier and wealthier, but it must drive deep into your soul.

**Step 2: IDENTIFY THE CHARACTERISTICS OF THAT PERSON:** Get a picture of that person and then simply identify their major characteristics. Is that person gentle? Is that person generous? What are the qualities of the person you want to become?

**Step 3: PICK A WORD:** Once you have a list of the characteristics, simply pick a word. There might be fifteen things that you want to change, but you must resist the temptation to promise you will do them all. *Instead, simply commit to ONE WORD.*

This will provide you with a lens to see the changes you need to make as well as a way to determine whether change is actually happening. Understand that this process is hard, but staying focused on your word will help you to struggle in the right direction.

**SHARE YOUR WORD and your story! Why did you choose this word? What do you want to accomplish this year? How will you do it?**

Shared by the St. Johns County School District Gifted Team.