

# NEW YEAR

## WELCOME 2017

- Please take some time to count the blessings of the year and thank the Lord.
- Count your achievements; you will find many if you really introspect. Feel good about them. Congratulate yourself and thank the Lord.
- Think of all those who contributed to your joys and challenges during the year. Thank the Lord for them and say a prayer for them. Do you find a few that you want to thank personally?

Welcome it with hope and trust in the Lord,  
have confidence and courage to face challenges, hurdles **and**,

### A few Good Resolutions

- **List everything** that you want to achieve or change; **select two or three**
- **State them positively rather than negatively**
  - Instead of saying “I will stop lying” say, “I will always tell the truth”.
  - Instead of “I will stop gossiping” say, “I will speak well of others and be a positive influence at parties and gatherings”.
- **Make them concrete and measurable**
  - Instead of “I will pray more” say, “I will pray 5 minutes in the morning & 15 minutes in the evening”; then decide when, where, with what posture, alone or with whom....
- **Avoid pushing yourself wrongly or too hard**
  - Choose something **achievable**. Do an echo-check: Does this conflict with my other commitments and responsibilities? Can I fit it in my schedule?
  - Instead of saying, “I must/should/ have to clean my house/kitchen” say, “I **want to (I will)** keep my room neat, orderly and welcoming”.
- **Write down** the resolutions to remind yourself frequently
- **Get an ally:** Ask the Lord to help you and your guardian angel to guide you
  - Make a deal with someone such as your spouse, parent, children, friend, to keep you on track by reminding you when you fail.

**That is a recipe for a successful New Year.**

Do you want further guidance to identify and formulate good goals?  
Your pastor has time for you; call to make an appointment or just drop in.