

## **New Year: Are resolutions necessary?**

New Year's Day always invites us to reflect and think about a fresh start. Lose weight. Eat better. Exercise more. Declutter. The list of "self-improvements" can and do go on and on.

Self-reflection can be a healthy exercise to take stock of the ways we handle ourselves with other people. Were we being true to the commitments and follow-through and promises we made to others? Or how about the promises we may have made to ourselves? Do we shut down negative self-talk? Do we avoid gossiping about someone else? Do we offer compassion and kindness to someone in need, even or especially if they are in our family?

Perhaps the resolution for the new year is intentional kindness toward other and to yourself. It is difficult to love one another when loving yourself is avoided or ignored. Loving yourself can include not allowing another person to control you with negative behaviors or mean talk, putting you down, or demanding to know where you are at all times. I am talking about a boyfriend or girlfriend; parents have that right to know. Loving yourself includes not spending all your time on the social medias which can rob your brain from critical thinking. Take time to do something creative, something fun. Move your body in joy. Dance, walk, watch a funny movie. Laugh. These are all resolutions to consider for the new year.

Finally continue your practice of gratitude. Finding something to be grateful for every day will change your life.

I am grateful for the opportunity to offer kindness to the people I come in contact with as often as possible.

Blessings, friends.

Rev. Kris+