

## **No More New Years Resolutions!** **by Marlene Neufeld**

For years I would diligently make my annual New Years Resolutions every December 31. They would gradually erode in the midst of justifications (why I couldn't do it today) and self-recrimination (why I should be doing them today).

I have since given up making New Years resolutions. Instead, I have been focusing on making commitments. Commitment IS the act of gathering ourselves up and moving in a desired direction. Commitment IS NOT about making resolutions that set us up for failure, self denial and self-judgment. In the words of Einstein "Nothing happens until motion begins". 'Motion' begins with commitment. Commitment is the foundation and fuel for change. Without commitment (the act of focusing and taking myself in the direction of what I really want), reaching personal goals is unlikely and being open to learning during the journey is challenged.

And I have learned that self-flagellation is optional. It doesn't actually get me to change; it just makes me feel bad for not changing...and it side-tracks me; it takes energy from what I really want.

Commitment is not a one-time act. Within the concept of commitment, I like the image of an airplane on automatic pilot. The plane is committed to getting to its destination. However, 90% of the time it is actually off course. There are frequent course corrections to get it back on course. In other words, the plane is constantly recommitting and recommitting.

I've also added the concept of letting go of seeing myself as an improvement project. I have instead taken on the idea of seeing myself as an appreciation project, as an evolving work of art that I am learning to appreciate more and more.

I invite you to take a moment to let go of yourself as an improvement project. Right now, end your focus on using yourself as a major improvement project. Now, shift your attention to your partner or significant people in your life and release them as your personal improvement project. Instead, take on yourself and others as an appreciation project. See and sense yourself, and others around you, as an evolving work of art that you are learning to appreciate more and more. This New Years, commit and recommit to what you really want and live your life in the magic of appreciation.

*Marlene Neufeld, MSW, RSW is a body-centered life/relationship coach in private practice. For more information about coaching or playshops with Marlene see [www.marleneandbob.com](http://www.marleneandbob.com) or contact Marlene at 613-594-9248.*