



Lessons about Resolutions

Cambridge Dictionary defines the word resolution as, *"a promise to yourself to do or to not do something."* Like many, on the first day of every New Year I promise to do something different. With my best intentions, I resolve to change a bad habit—or even better—adopt a new good habit. Year after year, I am met with the self-imposed necessity to transform because I have indulged in "too much" of something; or "not enough" of something else. It's a familiar and unforgiving mantra. "I eat too much chocolate, not enough salad", "I drink too many sugary drinks, not enough water". "I stay up too late, not getting enough sleep". Every year, like clockwork, I reminded myself that I am doing too much of something and not enough of something else.

I really can't recall a time when I met the year with a personal "Atta girl"—affirming all the things about me that are good and right—to carry into a New Year. This year, though I changed course. In my search for a New Year's mantra to send to family and friends, I ran across a quote that resonated with me.

"Every year you make a resolution to change yourself. This year, make a resolution to be yourself"

Promise to be myself?!? Promise to be good with all that's good about me? I'd never considered that perspective. Imagine just taking the year to celebrate yourself, just as you are. To give yourself a high five for being you. Just imagine the freedom that comes from celebrating...

The body you have
The color of your skin
The way you laugh
The sound of your voice
The way you love
The joy you bring
The talents you share
The way you learn
The things you've accomplished
The texture of your hair
The faith you embrace
The things you've created
The people you've inspired
The beat of your drum

I'm all about *making space* for others. However, I'm learning that *making space* starts with giving ourselves room to be. Just be. It doesn't mean we don't have imperfections or things to work on. Instead, *making space* allows us to embrace all the facets of ourselves that make us delightfully unique. Each of us is a one of a kind creation. *Making space* requires that we extend grace, love and acceptance to ourselves—only then, can we freely extend it to others.

Starting this year, let us all resolve to be ourselves. Let us show up in all spaces, embracing the best version of ourselves. Let each of us resolve to make this a **Happy "You" Year**. And when someone asks, "Did you make a resolution this year?" tell them, "Nah, I'm good." 😊