Try Something New for New Year’s

It is a tradition to make New Year’s resolutions and then to not keep them. So I offer you an alternative this year: before you look forward, take some time to look back. Review 2015 and reflect on the progress you made. Make a list of all that you’ve accomplished, and consider these questions: a) What did you learn this year? b) What mistakes did you make that taught you something? and c) What hard thing did you try in 2015?

My greatest lesson in 2015 is that progress counts, not perfection. I will never be perfect with my exercise, but I can walk more steps. I’m not a perfect listener, but I’ve improved this year. My emergency savings account isn’t what I wish it was, but it’s more than last year. As long as I keep learning and moving forward, I can’t fail. The secret is to not stop trying. Winston Churchill said, “Success is not final, failure is not fatal: it is the courage to continue that counts.”

After you reflect, be sure to celebrate! Let New Year’s Day be a day of catching your breath after a frenzied year. Smile at your small victories! Cheer loud at your growth! “Hold up your head! You were not made for failure. You were made for victory. Go forward with joyful confidence.” (George Eliot)

Party On!!

By: Terri Anne Flint, Ph.D., L.C.S.W.
Director – Intermountain Healthcare
EAP & Employee Wellness

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