

## HAPPY 2017!

*And now we welcome the New Year,  
full of things that have never been.*

*—Rainer Maria Rilke—*

Many people will make New Year's Resolutions, and many will break them or abandon them before long. When this happens, instead of examining aspects like our willpower and discipline, what if we looked at how we arrived at our goals in the first place?

Often our goals reflect a list of "shoulds" in our lives, or markers that, once achieved, will announce to ourselves and the world that we are finally "good enough".

To start this year, give yourself the benefit of assuming that you have nothing to prove respecting your worth, and instead ask yourself what goals will facilitate your fullest expression in the world. If "losing weight" will help you gain the confidence to more fully engage in your relationships, work, service, and life in general, then try to stay connected to the ripple effect you want it to have in your life.

In any case, I wish for you to find something truly meaningful to commit your whole self to - in the words of poet David Whyte, "a promise it will kill you to break."

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