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## glassswing butterfly.jpg

KLynn Counseling

 a place for new beginnings

“We open the book. Its pages are blank.
We are going to put words on them ourselves.
The book is called Opportunity and
its first Chapter is
New Year's Day."
- Edith Lovejoy Pierce

Most of us feel it. The New Year. There is something fresh about it. Our minds seem to reset. A new year makes us believe that new things are possible. I think of St. Paul in Philippians when he said “This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark. . .” When God set the times and the seasons in place I believe that He meant for us to feel that newness. It’s a time of hope given to us by the God of hope.

Most of us set New Year’s resolutions around January 1st. Unfortunately, many times by February 1st they have fallen by the wayside and we lose that fresh hope.

Here are a few possible problems we encounter:

1. Sometimes enthusiasm causes us to bite off more than we can really chew. We have L-O-N-G term goals that are hard to maintain or we have too many goals. I went to a seminar once where someone very successful told me to make a list of 20 goals that covered 5 different categories. I dutifully made this list during the seminar - yes,

even therapists forget their own advice sometimes. I’m not sure what happened to the list though, because after a few days it was so overwhelming I chucked the whole thing. (Sigh. . . I guess I will NOT be a millionaire by the end of this year).

1. Our goals are based on pleasing someone other than ourselves. Criticism from outside sources can sometimes pressure us into doing things that aren’t necessarily a fit for us. Do you really want be a plastic (and it seems that so many of their parts are now) Hollywood star or would you like to be the beautiful you that God created you to be?
2. We buy the newest videos, equipment, dietary plans without considering if they are right for us. For example, if you have a goal for more exercise but you hate to see a lot of very thin little ladies half your size in skimpy outfits dancing around without breaking a sweat, chances are you will work out with a video like that for a couple days and give it up.
3. We have an all or nothing mentality. We overeat at a meal and think “what’s the use”. If we are trying to read the Bible daily and miss a day, that day turns into 2 days, 3 days. . . (I know more Christians who have reread the book of Genesis in January, including me!)

Here are a few possible solutions:

1. Pick a realistic, achievable goal and work consistently on that. Try starting with your most important goal and go after it with singular enthusiasm instead of a multiple scattershot approach. There is nothing that says when you accomplish it you can’t set a higher one. When I lost 90 lbs the only thing I started with was a walk around the block. When that left me feeling better after 2 weeks I added to it one thing at a time over the period of a year.
2. Insteadof trying to be someone you’re not, thoughtfully consider counsel from those you trust, search your own heart and seek advice from the Lord in prayer. He made you and knows every cell in your body and every true desire of your heart. After all, He put them all there.
3. If you find a goal that is achievable and right for you, consider carefully the best way FOR YOU to reach it. If it’s more Bible reading, what time of day and amount of time will actually work for you? There is no law that says a Year Bible actually has to be read in a year. If you got through it in 2 or 3 years it would be better than starting the book of Genesis over every January! If you don’t like cutesy exercise videos try a walk after lunch or get an exercise bike you can plop in front of the TV so you can pump while you amuse yourself with your favorite show. Be creative. Find a partner or someone who will cheer you on.
4. Be forgiving of yourself please! One mistake does not a failure make. Throw out the fatty leftovers or give them to the guests and take an after dinner walk. Pick up the Bible on day 4 or 5 or 20 and start where you left off.



And have a little faith!

**“I am sure that He who began a good work in you will
complete it”.
- Philippians 1:6**