OneWorldlive
alive with possibilities...

May 19, 2005

learn&grow

live&love
follow your heart
follow your dreams
follow your bliss

learn&grow
be curious
be challenged
be brave

body&soul
your mind
your strengths
your limits

givingback
do good
do the right thing
do unto others

reach for the stars
star secrets
star search
star clubs

Let's Shop!

Do not be too timid and squeamish about your actions. All life is an experiment.
-- Ralph Waldo Emerson

Commitments vs. Resolutions

Which is Right for You?

I don't recall exactly when I resolved to give up resolutions. It was around the same time I realized that diets were quick fixes, and I had to change my thinking around food and exercise. Resolutions are quick fixes, too, something we can tell people to show them we're aware of the parts of ourselves that need improvement. **I've learned that if I'm serious about growing as an individual, I need more than a pithy resolution: I need to make an ongoing commitment to myself.**

My New Year's Eve tradition is to take a bubble bath (alone!) and think over the past year, observing but not judging. Then I sit and write in my journal: what were the high- and lowlights of the past 12 months? What did I do right, and what do I wish I'd done differently? What have I learned? Then the big one: what kind of person do I want to be, and where am I along that path? These notes give me my guidelines for the upcoming year. Not absolutes and Lent-like abstinence vows, but rather a gentle commitment to growth.

I've learned that "I'm going to quit smoking" doesn't work unless I work on myself enough to know why I smoke in the first place, and unless I'm willing to go through the pain that quitting entails. "I'm going to lose twenty pounds" is unrealistic if I'm only ten pounds overweight. And maybe I need to focus on learning to love my body no matter what it looks like, instead of spending so much energy hating it.

Perhaps the most important commitment I've made is the one that's replaced "I'm going to go on more dates this year." I'm not ready to be in the kind of relationship I want to have. I can visualize my ideal relationship, but I'm not yet the person who would attract my best partner. It's not that I'm a "loser-magnet", as so many of my single friends are quick to identify themselves; it's that I'm attracting people who aren't right for me. As much as I hate to admit it sometimes, my inner state is mirrored by the world and people around me.

Like the women of *Sex and the City* (albeit with a much lower-priced wardrobe), I don't know if I'll ever meet Mr. Right. Unlike those women, I don't know if I will ever lose those last ten pounds. What's important is my commitment

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WHATs YOUR HOROSCOPE

look great and feel better with Lean Routine!

TAKE OUR SURVEY
Do you balance your checkbook:
Weekly
Monthly
Never
Vote!

to myself as an individual: to continue taking care of myself by eating right and exercising, by being completely true to myself emotionally and spiritually, to love myself through the times when I feel completely unlovable. That's not something that can be resolved in one sentence; it's a project that requires a lifetime commitment.

-- Sarah Chauncey

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