

January 2, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH CHRISTMAS

Photo by Sr. Karin Nürnberg

ARE WE THERE YET?

By Julie Mussché

“The great metaphors from all spiritual traditions—grace, liberation, being born again, awakening from illusion—testify that it is possible to transcend the conditioning of my past and do a new thing.”

SAM KEEN

Reflection

Here it is, the second day of 2023. Does it seem odd to say “2023”? What happened to 2022? A bit of blur, it has been an action packed “e-ticket” of a year. So, has the passing of 2022 led you to develop resolutions inspired by what is to come?

Multiple sources indicate roughly 80% of us are unsuccessful in achieving and sustaining New Year’s resolutions. Not to burst anyone’s bubble, it does appear somewhat statistically daunting. Here are some notions to consider on your resolution quest.



Resolutions may be related to health, finances, relationships, or spiritual growth. Whatever the case, one tool often used to assist with and help guide accomplishing something are SMART goals. Around since the 1980's, there are a number of different interpretations for the acronym. You might have been introduced to them in a business or work setting, they have a broad application. The following are expanded and adapted for your engagement.

S-articulate your resolution in a **specific** way. Enlarging the mnemonic intent, some other things to add, take **small steps**, chunk out your resolution to allow **sure** and **steady** progress.

M-how will you **measure** progress or growth? Naturally, some things are easier to measure than other things. Another consideration, **moderate** your personal expectations with kindness and by celebrating **movement**.

A-is your resolution **attainable** or **achievable** within the parameters of your life? In other words, how feasible is your resolution? One suggestion, **ask for help** from family, friends, and God, to reflect and discern fine-tuning your resolution, if need be, and to enhance its **accessibility**.

R-how **realistic** or **relevant** is your resolution? **Refine** it if you need to in order to accommodate the realities of your life. Most of us do not set resolutions in a vacuum, they are **relational**. Perhaps have a conversation with those you are close with, live with, family and friends, to share your aspirations. Likewise, listen to and weigh input and concerns as well as affirmations received through conversation.

T-timebound or **timely**. While generally an end-point is placed on resolutions, "I want to do this by then," the fact is, many resolutions are ongoing and more circular than linear. **Tenacity** and **trust** in self and the process of growth, and the recognition of the **transformative** power of prayer and grace energize the journey. **Take time** along the way to rest and reconnect with the beginnings of your quest, to affirm movement and progress, and to celebrate and hold with a grateful heart the gift of transformation.

Happy New Year!



Photo by Julie Mussché

A New Year's Prayer

*Lord, You make all things new
You bring hope alive in our hearts
And cause our Spirits to be born again
Thank you for this new year
For all the potential it holds.
Come and kindle in us
A mighty flame
So that in our time, many will see the wonders of God
And live forever to praise Your glorious name.*

AUTHOR UNKNOWN

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