

Tir Na NOg Retreat
413-210-9339

2019 - A Year of Growth

Instead of making resolutions I will (again) break by January 3, I have decided to try a new approach in 2019. Each day I try to :

- ... **live in the present.** When I find myself reliving the past or planning the future, I will limit myself to 15 minutes. I want to experience each moment.
- ... **learn at least one thing.** I want to continue my education on a daily basis; therefore, I will learn one new word ... or one new fact ... or one new ...
- ... **talk with at least one adult who will help me to "lighten up".** I tend to be too serious, so I need to connect with someone who will help me laugh.
- ... **spend some quality time with myself.** Every day, I will deepen my appreciation for the God-reflection I truly am. I will develop a friendship with myself.
- ... **become more comfortable in my own skin.** God has given me the skills I need in my life. I will focus on the power of positive thinking - and know that "I belong".
- ... **keep my head-heart-gut balance so that I can make healthy decisions.** I will accept the reality of a situation; I will be aware of my feelings and I will discover the choices available to me.
- ... **hold fast to my God-connection.** I will remember His promise, "And be sure of this - that I am with you always, even to the end of the world." (Mt. 28/20) Lord, I believe ... help my unbelief!
- ... **develop a healthier body.** Therefore I will eat well, spend time working, rest for an adequate amount of time, exercise regularly, and spend time with individuals who share my value system.
- ... **be of service to at least one person.** I will reach out to someone else without losing my own balance. I can't use another person's need to be my excuse for not dealing with my issues!
- ... **have the courage to take a risk.** I will stretch myself to grow into the person God knows I can be.

SEAS BEREAVEMENT
PROGRAM

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