

# Looking for potential ... not flaws

As the New Year draws near, many are creating lists of "resolutions," things we will do or do differently as January 1 arrives.

Some are simply focusing on one word to guide them in the New Year.

Some are contemplating renting a ginormous dumpster and filling it with all manner of clutter that fills their home.

The only thing I can offer amidst the plethora of good advice that people are providing for the New Year is this:

**You are not broken.  
You don't need to be fixed.**

You have great, unlimited potential. Look for that, not for what you are doing wrong. In this new year, focus on what you can do, not what you can't.

Look for potential, not flaws.

Stop comparing yourself to anyone else.

Sit inside your own skin and know.

~ Patti Digh

## 10 Tips to Stay Motivated in Achieving Your Fitness Goals

1. Set Goals—start with simple goals and work up to long range goals
2. Start Slowly—if you start too fast or hard, you are at risk for injury
3. Think Variety—your body gets used to repetition, change things up often
4. Have Fun—exercise doesn't have to be drudgery, find something you enjoy
5. Daily Routine—schedule workouts, be creative, be active all the time
6. Put it on Paper—stay motivated by seeing your results in writing
7. Seek Support—you're not in this alone, find a workout buddy or class
8. Track your Progress—keep a log to show progress & improvements needed
9. Reward Yourself—internal and external rewards keep you motivated
10. Be Flexible—if you need a break, take one. But get right back on track.

I would rather be...

- wise than smart...
- kind than clever...
- curious than sure...
- playing than pontificating...
- approached than ignored...
- talked "with" than talked "at"...
- hugged than hated...
- stretched than shrunk...
- loved than feared...
- here than missing...
- naive than cynical...
- dreaming than doubting...
- shining than smoldering...
- healing than hurting...
- fixing than criticizing...
- grateful than needy...
- focused than fractured...
- supportive than critical...
- opened up than closed down...
- assuming abundance rather than lack...

~Patti Digh

***Never act until you  
have clearly  
answered the  
question:  
"What happens if  
I do nothing?"***

~ROBERT BRAULT

## SMART Goals

Specific

Measurable

Attainable

Realistic

Timely

"We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched.

Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential."

-Ellen Goodman