



MONDAYS

with Mike

New Year's Resolutions

According to Psychology Today, New Year's resolutions can make some people feel depressed, unnecessarily stressed out, or disappointed in themselves.

Sometimes it feels as though there is far too much pressure to make a dramatic life change.

This week's message is meant to turn that narrative into something that can inspire each of us, helping us to feel better, not worse.

Our first quote is from Theodore Roosevelt ~

Comparison is the thief of joy.

Instead of comparing ourselves to others, find relationships and activities that bring YOU joy. Identify what cool qualities you have that make you uniquely you!

These are typically the first things that help you with your overall mental strength. Once you are "built up," you can begin to attack new goals or plans.

Our second and final quote is from Elizabeth Gilbert ~

The universe buries strange jewels deep within us all, and then stands back to see if we can find them.

Our ability to find our special skills and talents and then use them to lift others up in all ways possible is the "gift," or the "jewel," that become priceless in the lives of others. Let's find our value and then multiply it!

Happy New Year!