

Resolutions

The components of an enjoyable life are:

Love
Health
Meaning
Wealth
Happiness

I could also add faith, but I would equate this with meaning. While, again, most resolutions are about fat, smoking, money—surface-level goals—these deeper values bring far greater richness to life.

Beginnings are powerful times to set goals, but few keep New Year's resolutions past the end of February. Gyms are packed in January since the most common resolution is weight loss, but empty by March since time dulls our initial motivation and the reasoning is flawed. Many say they want to "lose weight," but if you lose 10 pounds of fat and gain 10 pounds of muscle, the result will not budge a scale. Pursuing goals from a place of self-love and enjoyment makes continuous improvement sustainable while being driven by shame weakens us. So, what if instead of relying on worn-out traditions, you create your own roadmap to wealth and joy—one that changes with you? And what if you design systems, not before the journey begins, but as you travel?

*"You can get excited about the future.
The past won't mind."
-Hillary DePiano*

Festival: Have a celebration to mark the end of each month, not with destructive behavior, but with intentional joy. One month, that may be enjoying great food or seeing a film. The next month, you may choose to sit in meditation and light incense or go camping in the woods alone or with friends. But each is a celebration to commemorate the passing of the old and the beginning of new opportunities for success. Every month, you get to write a new chapter!

Theme: At the end of each month, choose a different theme, such as Joy or Clearance. Let it be fun, yet have meaning to you. We cannot know exactly where we'll want to be in five years since we will not be the same person then, so a general idea rooted in heart is sufficient guidance.

*"Write it on your heart that every day
is the best day in the year."
-Ralph Waldo Emerson*

Goals: Eating healthier or spending less can be measured in a gram or a penny. What are you looking forward to doing (not just accomplishing), for Love, Health, Meaning, Wealth, and Happiness? Write out copies of the two New Month Festival pages in a plain notebook, or print them from www.emotionalmanagement.org and make resolutions based on joy, not guilt, on

gain, not loss. Keep them simple enough to complete, yet exciting and important enough that interruptions won't derail you. A key to success is to let your work become more enjoyable than time off!

Rewards: Make sure your rewards are true rewards. Do not eat a pound cake for losing a pound. Instead, regardless of whether you lost the weight, if you kept your resolutions this week, treat yourself to that music you've been wanting. If you stay consistent all month, choose rewards that are fun and unusual yet in harmony with the hero you're becoming.

*"Learn from yesterday, live for today, hope for tomorrow."
-Albert Einstein*

As the next month nears, start preparing your Celebration and New Month's Resolutions. If something didn't work last month, no problem! Try something new this time. Your goal is not perfection, but building the habit of rising every time you stumble. Show yourself the love and mercy you would show others. Improve each month, and find joy along the way—design a heroic life!

Here's an example of what your New Month Resolutions may look like for love.

Theme For This New Month: Water Dragon!

Love

Primary Goal: To play with my partner in water in a way that is both joyful and healing.

Primary Avoidance: Fights. We will take time before traveling to breathe together as we embrace.

Days 1-10

Goals: Have a relaxing salt bath, swim in the ocean twice, and walk in the river once.

Rewards: New diving fins.

New Month Resolutions

Date: ____ / ____ / ____

Theme For This New Month: _____

Love

Primary Goal:

Primary Avoidance:

Health

Primary Goal:

Primary Avoidance:

Meaning

Primary Goal:

Primary Avoidance:

Wealth

Primary Goal:

Primary Avoidance:

Happiness

Primary Goal:

Primary Avoidance:

What Will Provide Love This Month

Days 1-10

Goals:

Rewards:

Days 11-20

Goals:

Rewards:

Days 21-On

Goals:

Rewards:

What Will Provide Health This Month

Days 1-10

Goals:

Rewards:

Days 11-20

Goals:

Rewards:

Days 21-On

Goals:

Rewards:

What Will Provide Meaning This Month

Days 1-10

Goals:

Rewards:

Days 11-20

Goals:

Rewards:

Days 21-On

Goals:

Rewards:

What Will Provide Wealth This Month

Days 1-10

Goals:

Rewards:

Days 11-20

Goals:

Rewards:

Days 21-On

Goals:

Rewards:

What Will Provide Happiness This Month

Days 1-10

Goals:

Rewards:

Days 11-20

Goals:

Rewards:

Days 21-On

Goals:

Rewards:

Print this off, and record memories on the back from the New Month Festival you celebrated, along with reflections on what did and didn't work well last month. Then begin a New Month's Resolution.