

January, 12, 2018

Dear BQLI Region Friends,

The new secular year has begun, and I can tell because my gym is a bit crowded. The regulars refer to these extra members as "the resses" because we correctly assume that they have made a resolution to work out, get fit, lose weight, etc. Before mid-February comes, I can easily jump onto my favorite machines without wait. So, why is it that so many aren't willing to put in the time and energy necessary to accomplish important goals?

Whatever it is that you have resolved to do, staying motivated is very difficult, despite your best intentions. One way to stay focused is to share your intention with friends and family...in other words, accountability is key. The more who know your goal, the less likely you will be to talk yourself out of keeping on task. At the same time, you build a support system.

It's also crucial to be specific and realistic when setting your goals. Perhaps you've decided that 2018 will be the year that you become a true leader in your Sisterhood community. (Good for you!). Begin by agreeing to join or even chair the planning committee of an event. You need not become a member of the Executive Committee! By not overreaching, you can ease yourself into a new situation and allow yourself to succeed!

As Thomas Jefferson said, "If you want something you've never had, you must be willing to do something you've never done."

B'Shalom,
Grace