

Reflection Before Resolution

A guided pause before setting new goals

"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life."

Psalm 139:23-24

1. Start With Who You're Becoming

Before thinking about goals or changes, take a moment to reflect on who you want to become this year.

- When I imagine the kind of person I want to be more fully (consider character, habits, relationships, faith, and values), I think of someone who...
- In my roles (parent, spouse, coworker, friend), I hope to show up with more...
- At the end of this year, I would feel proud if I could honestly say I grew in...

We are formed by what we believe and what we put into practice, not just what we intend.

2. Notice What Keeps Showing Up

Looking back over the past year, what patterns feel familiar?

- Thoughts or self-talk that show up often (especially under stress)
- Habits or reactions I notice repeating
- Situations or relationships where I tend to feel stuck or drained

3. What Might Be Getting in the Way?

Sometimes what holds us back isn't effort, but unexamined beliefs or fears.

- A belief I might be carrying that keeps me stuck (Ex: "I'm only valuable when I'm productive.")
- A fear that influences my choices more than I'd like
- A way pressure or comparison shows up for me

4. From Insight to Intention

Instead of setting outcomes, consider a direction.

- A value I want my choices to grow out of this year
- One small intention or practice that could support that value
- Support that might help me practice this over time (people, boundaries, rhythms, counseling, community)

A Gentle Reminder

You don't have to answer everything today. Awareness is a meaningful first step.

"Your word is a lamp for my feet, a light on my path." Psalm 119:105