



TEA  
TIME  
DAIS

AT

*Ma Griffe*

Studio ☞ Galerie ☞ Jardin

SUNDAY, JANUARY 11, 2004

HOT TOPIC  
PEACEFUL RESOLUTIONS

PLEASE Join us  
second sundays monthly

3624 S. Gaffey St., San Pedro  
(310) 547-2154

## Who Invented New Year's Resolutions??

Okay, now to answer the questions we all really want to know about New Year's resolutions: **Who's to blame**, and do they have an e-mail address so we can flame them?

Well, we're out of luck on the e-mail address, but it looks as if the tradition is as old as New Year's celebrations. The **Babylonians** celebrated New Year's Day over four thousand years ago, although their celebration was in March rather than in January, coinciding with the spring planting of crops. So if you must break your resolution, break it with pride! You'll be continuing a long tradition of broken resolutions dating back to the dawn of recorded history! And if you had a false start, why you can start again in March, à la Babylonia!

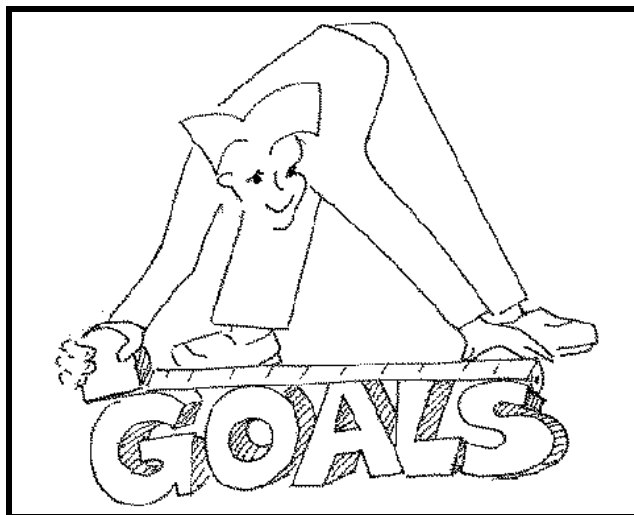
The New Year, no matter when people have celebrated it, has always been a time for **looking back** to the past, and more importantly, forward to the coming year. It's time to reflect on the changes we want, or often need, if we're to have the motivation move forward. Resolutions are a reflection of the Babylonians' belief that what a person does on the first day of the New Year will have an effect throughout the entire year.

## Good Intentions?????

Many of us fail to keep resolutions, maybe because they are simply a statement of resolve to perform an action. These statements are made with good intentions, but without a plan of action they are just words that pass over the lips. And we know the uselessness of good intentions without a plan of action.

**Write it Down.** Write down your resolution and your plan of action. Stick it up on the fridge, in your locker, wherever you know you'll see it. That way you'll have a constant reminder of the resolution. You may want to change the wording as time passes and your goal changes.

**Word it carefully.** Let's say your resolution is to relax more in the coming year. Word this carefully. Try not to think of it as "This year I am going to relax." That's a stress-inducer waiting to happen. It forces you into thinking of the resolution as something you must do, not something you want to do. Try to make it sound a little gentler: "This year I'm going to explore different ways of relaxing." It also suggests more of a plan—you'll fulfill the resolution by experimenting with relaxation techniques. The first resolution sounds as if you're going to force yourself to relax by sheer willpower.



**GOALS SHOULD BE MEASURABLE. . . DETERMINE "WHAT?" "HOW?" AND "BY WHEN?" TO SUCCEED.**

**Make a Plan.** Once you know what your resolution is, try to break it down. Nobody accomplishes anything of significance by trying to do it all at once. This doesn't have to be a complicated plan; just brainstorm enough to give you a place to start.

For relaxing, you might devise a plan like this:

- 1) Surf the Internet to find different relaxation techniques.
- 2) Make a list of all the techniques that interest you.
- 3) Pick one of these techniques—meditation, progressive relaxation or self-hypnosis, for instance—and try one for a month.
- 4) Try a different technique every month until you find one you like.

## Turn Resolutions into action activated GOALS with a Mission Statement!

### Q: Why is goal setting so important?

Goals establish direction for your life. If you never set a goal, how will you know where you are going?

Goals identify results. If no goal exists, how do you measure your progress?

Goals challenge you to grow. If you never set a goal, how do you move out of your comfort zone?

### Q: What is a mission statement and why is it important?

A mission statement interprets "reason for being;" it enables you to clarify your purpose for yourself and others who are interested.

A mission statement is a declaration of who you are, why you exist, and what you intend to accomplish.

In business the organizational mission answers the big question: "What is our business?" In personal planning, the question is "What is my life's business?" In both cases, the answer must define the reason for being.

Why do you exist? If you can't answer that question, you can't develop an effective plan that can feed what you need in order to continue to exist.

We all have to give meaning to our lives. We must find or create reasons for living.

**Q:Why is it so important to set a deadline on all goals?**

Without a strict deadline, a challenging but reachable goal that is qualified completely remains too nebulous. The lack of a specific deadline often results in a lack of focused approach to attaining your goal. A clear idea to the degree to which you must marshal your energies does not exist, because the goal is open-ended.

No timeline = no commitment!

The litmus test of commitment is a clearly understood deadline. If you are unable or unwilling to establish a deadline for your goal, you probably need to examine your commitment.

**Q:What are the primary areas of life that goals need to be set?**

Goals should be set in each of the following ten categories:

**Personal** - Goals relating to character development and personal growth.

**Health** - Goals relating to exercise, appearance, diet and overall well-being.

**Recreation** - Goals relating to relaxation, hobbies, vacations, and fun activities.

**Family** - Goals relating to your parents, siblings, and relatives.

**Friends** - Goals such as expanding your circle of friends and enriching existing relationships.

**Community** - Goals involving a commitment to serving others through your time, talents, heart, and possessions.

**Career** - Goals relating to school grades, skill development, and future ambitions.

**Financial** - Goals relating to earnings, savings, and understanding the value and purpose of money.

**Household** - Goals relating to household chores and your contribution to building a happy home life.

**Spiritual** - Goals relating to faith, spiritual growth, and the strengthening of your beliefs.

**3 Criteria for effective goal setting:**

Be Specific.  
Make goals measurable.  
Set a time limit.



# RESOLUTION

## TIPS

If you are the type who makes, but never keeps, New Year's resolutions, have a look at these tips to help you set practical -and attainable - goals this year.

**1. Don't abandon the idea** of setting resolutions because you have broken them in the past. You may need to simply readjust the type and number of goals you're setting for yourself.

**2. Do be realistic.** A resolution to run a marathon by year's end is likely unrealistic for an inexperienced exerciser. Likewise, resolving to stop all your unhealthy habits at once is likely to fail. Pick a safe, attainable goal with a realistic time frame.

**3. Don't make too many resolutions.** There's no rule that you have to cover all areas you'd like to change in your resolutions. Pick one or two themes - such as anger management, stress control, healthy eating, smoking cessation, fitness improvement, career advancement - that are most important to you, and set reachable goals within these areas.

**4. Don't set resolutions whose success is based upon factors beyond your control.** Saying "I resolve to have a new job by summer" depends not only upon your own initiative, but also upon external factors (the economy, the job market in your field) over which you have no control. Instead tell yourself "I resolve to have updated my resume and sent it out to X companies by summer." That way, the success of your resolution is entirely within your control.

**5. Do set resolutions based upon your own wishes,** desires, goals, and dreams, and not those of society or those persons close to you. While this seems obvious, many people waste time trying to meet society's - or another person's - expectations. A resolution is bound to fail if it isn't from your heart.

**6. Do plan intermediate goals** if it helps you maintain control. Decide where you'd like to be in three or six months, and check yourself then. Achieving these smaller goals also gives you a sense of accomplishment and motivation for the bigger projects.

**7. Do use the buddy system.** Rely on your friends to support you in your resolutions, and do the same for your friends. Social support can be a great strengthener of motivation.

## **REWARDS!!!!**

**DO PLAN A REWARD FOR YOURSELF WHEN THE RESOLUTIONS - OR INTERMEDIATE GOALS - ARE MET.**

# My 2004 Resolutions

What primary areas in your life need your attention?

New Years Resolutions ideas adopted

by

**Ma Griffe**

to promote Artistic Expression &

Creative Play:

Start Art Now

Write a journal

Play games with kids, family, & friends

Laugh out loud

Sing in every pore

dance with exuberance

Dine deliciously

Love with Fervor

Think kindly

Grow

Thanks and credits for materials gathered on the internet to:

Keep Your New Years Resolution.com

Melissa Stöppler, M.D. is a physician, researcher, and writer with an interest in stress and its effects on the human body.

The GoalsGuy

**What resolutions are you considering in relation to the areas above.**

Thank you for your patronage.  
We wish you success, happiness  
and health in 2004. Please use the  
following pages to write down your  
resolutions as a first step to  
achieving your goals.

**Ma Griffe**

What realistic plan of action will help you attain success? How can you measure that success?

What timeframe will you set to achieve these goals?

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