

23 Resolutions For 2023

Gal 6:9 And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

The end of the year polls of 2022 showed that 1 out of every 3 Americans said that 2022 was a good year. That means that a majority in our nation marked the previous year amongst the worst in their life. It's tragic because it doesn't have to be that way.

What is the key to finding fulfillment in the year ahead? This first week of the year many are asking that question while setting new goals and resolutions. However, fulfillment is not found in doing more things, but doing more the *right* things while working to eliminate more of the wrong things.

There are three questions you should be asking yourself today...and then again tomorrow:

1) **What are the things I need to START DOING?**

What disciplines can you add to your life that will produce exponential results if you remain committed to them? For instance, daily tracking weight, calories and the types of foods you eat will ultimately lead to a healthier body this time next year. Weekly investing will result in more finances next year. Think of one to three things you can add to your daily disciplines that will move you in the direction of your goals.

2) **What are the things I need to STAY DOING?**

What are the current disciplines you need to maintain in your life that are helping you produce? If you established strong disciplines in the past year, now is not the time to let up, but to keep going. These things are already producing results, so encourage yourself to stay consistent.

3) **What are the things I need to STOP DOING?**

This is one of the greatest questions you can ask yourself. It's where time, energy and resources are freed up for fresh focus. What are the things that are draining you? Make the decision to hit the stop button on all those things.

Here is a list to help get started. Simply adding any one of these can be a game changer in the fulfillment of each day.

23 for 23

1. I resolve to HOLD MY HEAD HIGH this year.

Attack each day with your head held high. Straighten your back, walk with confidence in who you are in Christ and refuse to stay down. Remember, as Pastor Donnie always says, "I'm never down! I'm either up or getting up!"

2. I resolve to STOP PASSING THE BUCK this year.

Make the responsible decision to accept responsibility. Don't pass blame on situations, circumstances or others. The buck stops with you. Embrace it.

3. I resolve to STAY POSITIVE this year.

You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith in Christ and a faith-filled attitude "all things are possible."

4. I resolve to STAY BLESSED NOT STRESSED this year.

You can't be stressed and thankful at the same time. Take a daily "Thank You" walk and show your gratitude towards the Lord, His blessings and the beautiful people in your life.

5. I resolve to EAT HEALTHY this year.

Feed yourself not only physically but emotionally, mentally and spiritually with good things. Remember you are what you eat. So be mindful what you choose to partake of.

6. I resolve to TALK TO MYSELF more this year.

Instead of listening to yourself and all your complaints, fears and doubts choose to talk to yourself with words of truth and encouragement. Wake up each morning and let the first words from your lips be filled with thanksgiving and then follow those with words of affirmations.

7. I resolve to FIRE ALL ENERGY LEECHES this year.

See those time and energy wasters for what they are, blood sucking leeches that only take and never give. Fire them from your life. If you're a complainer and not a contributor, "You're fired!"

8. I resolve to BE A POSITIVE TEAM PLAYER this year.

It's true, we are better together and we are even better when you bring your best.

9. I resolve to STOP CHASING SUCCESS this year.

Do something different. Chase significance and success will find you. Look to make a difference one life at a time and watch how that compounds.

10. I resolve to BE STILL AND KNOW HE IS GOD this year.

We all know the verse, "Jesus wept" but we need to remind ourselves that Jesus also slept. You can't replace rest with a double latte. Get some sleep!

11. I resolve to STEWARD MY ENERGY this year.

Don't waste your precious energy on gossip, EGR's, issues of the past, negative thoughts or things you cannot control.

12. I resolve to LOVE, SERVE, AND CARE MORE this year.

You don't have to be great to serve but you have to serve to be great.

13. I resolve to REMEMBER MY WHY this year.

Living a life in all its fullness requires you to find your purpose. Remember why you do what you do. We don't get burned out because of what we do. We get burned out because we forget *why* we do it.

14. I resolve to EMBRACE THE PROCESS this year.

There's no such thing as an overnight success. It's the small things done consistently over time that produce the big results.

15. I resolve to HAVE FAITH this year.

Have faith in God in all things and in all situations. He is guiding everything in your life for your good and His glory.

16. I resolve to INSTITUTE A NO COMPLAINING RULE this year.

If you're complaining you're not leading.

17. I resolve to READ MORE this year.

How are you investing into yourself this year?

18. I resolve to NOT PURSUE HAPPINESS this year.

May seem un-American but the truth is, happiness is a result not a road. Choose rather to live with love, passion and purpose and happiness will ultimately find you.

19. I resolve to FOCUS ON MY "GET TO".

Focus on "get to" vs "have to". Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.

20. I resolve to GET BACK UP this year.

Failure is only final if I quit, so I choose to fail forward. The next time I fail I remember that this failure will not define me, it will refine me.

21. I resolve to SMILE & LAUGH MORE this year.

Find joy in each day of life and take time to smile and laugh. They are natural anti-depressants.

22. I resolve to MAKE TIME FOR RELATIONSHIPS this year.

We are better together and the more we connect with great friends the more enjoyable life becomes. Remember to walk daily and date weekly those important relationships!

23. I resolve to ENJOY THE RIDE this year.

You only have one ride through life so make the most of it and enjoy it!

Questions:

What resolutions stand out to you the most? What would happen in the year to come if you focused on making it a priority? How will you implement?

What do you need to start doing? What do you need to stay doing? What do you need to stop doing?

Think about what you just marked as a “stop doing”. What time, energy and resources will you regain if you hit the stop button on this activity, habit, relationship etc?