

New Year's Resolutions for Children

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My grandchildren asked me what my New Year's resolutions would be for 2017. I explained to them that each year I review my life's challenges and accomplishments and journal the next steps in my life's goals. My typical resolutions focus

on keeping my life balanced in the areas of spiritual growth and family play. I also make resolutions to manage my exercise and financial planning. Finally, each year I aspire to increase my knowledge and skills in a new area of interest. Recent learnings include technology applications, blogging, watercoloring, and creating innovative curriculum. When I plan on my resolutions for 2017, I will focus on gratitude and thankfulness. When I am busy with work responsibilities and child care needs, I can become frustrated instead of being thankful. I find that my stress levels are significantly reduced when I express appreciation for work and family.

I thank my grandchildren for inspiring me to reflect and

identify new areas for growth. During my discussions with them this past month, I asked each child to identify one New Year's resolution. My nine year old grandson wrote that his New Year's resolution was to improve his photography skills. He further wrote that he will improve his photography by using the rule of thirds to take more balanced and interesting pictures. My seven year old granddaughter stated that her resolution was to become a better artist. She clarified that she would walk around her city and sketch pictures of city life that she would later watercolor.

New Year's Resolution Questions

Although some say New Year's resolutions are not effective, I believe that a focus on improvement can be motivating. Consider the following questions when writing your resolutions for 2017:

What would you like to change in your life this coming year?

What would you like to learn in the next few months?

Is there a hobby that you want to further develop?

Is there a skill or lifestyle change that will make your life more satisfying?

What would make your life more successful and happy?

When reflecting on these questions, identify one skill, lifestyle change, or hobby that would make your life more balanced and satisfying. What must you do to make your resolution a reality? Enjoy the journey in learning more about yourself and increasing your happiness.

Much success this coming year!

Mary Ann

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