



Tired of Making New Year's Resolutions? January 2017

From The Parish Nurse

According to author Matthew Kelly, there's one fundamental principle of life – God wants you to become the best version of yourself! He has created you with a purpose and desires an abundant life for you. So how do we live with purpose and passion?

In our busyness, we don't pay attention to doing what God wants us to do. In the Gospels we are challenged – Beware that your hearts don't become drowsy from the anxieties of daily life. In other words – don't get caught up in the "I'm too busy" mentality! Our modern times worship complexity, but our souls need simplicity. The genius of Christ's message is simplicity; to turn away from busyness in our lives.

When you place God back at the center of your life, you will intentionally slow down and truly live the vision that God has for us..

4 New Year's Resolutions that will change your life!

In Kelly's book, *The Rhythm of Life*, he talks about the "4 Aspects of the Human Person – Physical, Emotional, Intellectual and Spiritual".

Sound familiar? Parish Nurses focus on these aspects in our practice. Kelly suggests that we should make 4 New Year's resolutions based on these aspects of the human person. He contends that you will be more fully alive and acquire a better sense of direction for yourself, if you embrace these aspects every day, this year.

1. **Physical** – God gave you your body, now take care of it. To get more energy and zest, exercise, eat better food and get adequate sleep. Commit to some form of exercise at least once a week, for this year.
2. **Emotional** – Give priority to relationships. Build healthy relationships by giving carefree timelessness to someone. Nurture a positive relationship with someone at least once a month.

3. **Intellectual** – Read a good book for 10 minutes every day. Books change our lives. What we read today walks and talks with us tomorrow. We become the stories we listen to. Read good books that inspire you. Question yourself – am I a better person after reading that book?
4. **Spiritual** – Enhance your faith in a new and different way this year. Spend more time in silence with Jesus. Pray with the heart and listen for God speaking in your life. It's in the quiet moments we can truly hear what God's will is for us.