

## Resolution Evolution



Erin Scherger, Herndon

I'm not a fan of New Year's resolutions. As a teenager, I would dutifully set my resolutions for the year: work harder on my school work, land a triple axel, eat fewer desserts, or go to bed on time. Despite my best intentions, I would inevitably slip up in a day or two; maybe a week or two later if I had tried very hard. Certainly by February, my New Year's resolution was but a distant memory, except for the nagging feeling of guilt that I had failed yet again. (Tellingly, I could set those same resolutions today and still be in the same boat.)

About eight years ago, a friend shared an alternative: choosing a single word to focus on throughout the year. I thought the idea was brilliant. So at the beginning of the year, I take stock of how things have been going—a pared-down version of a life audit.

This audit is actually a process of listening to my internal dialogue, a process of discernment and honest assessment. What is the status of my life? Health? Relationships? What are my strengths? Liabilities? Is my time being used effectively? How happy am I, really? Are the things that I have chosen to spend my time on enriching my life? Or would I have more energy and feel better if I were to let go of some long-time activities and habits? What is missing? What do I have too much of? Am I having fun?

Patterns emerge, from which I determine the key word that I intend to embrace. Past choices have included 'joy,' 'adventure,' 'patience,' 'simplify,' and 'transformation.' If I lose track of my word for a short period, it isn't a failure; I just have

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## 2018 VaHomeschoolers Conference and Resource Fair



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# Voice

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Exploring a stream in the mountains of Virginia.  
Photo by Kathryn Ridings

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