

## Happy New Year

Does anyone else find New Year's Resolutions depressing? Don't misunderstand me – I think that self-reflection and the desire to improve are great. But the flipside (forcing ourselves to focus on our shortcomings and end our year with thinking about negatives) is somewhat disheartening. If you think about it, we can give a similar argument for birthdays – one year closer to the grave. Right? Luckily, most of us find these as celebrations. Society has taught us to see the positives in both. (Why else would we get presents and attend parties?) So why do we stop there? It's easy to find the positives in holidays, birthdays and special events. Finding positives in some of life's curveballs is another story. This New Years can we at least resolve to try? Before we complain, can we force ourselves to find a positive in a situation? Before we give up, can we find a reason to keep trying? Before we assume the worst, can we give people the benefit of the doubt? Believe me, this change in attitude is not easy. Everyday I try and, on most days, at some point, I fail. The important part is that the next day I start over and try again.



Read it. Think about it. Decide what to do with it. Make a difference!

These continue to be exciting times in the falcons' nest. Become more informed about Monmouth happenings by checking out our Facebook page or following us on Twitter at: @MonRegHS, or @SuptTeeple. Happy New Year!

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