

## A New You

As the new year begins, we often reflect on how we can make changes that will improve our quality of life and relationships. January is typically the month that we make resolutions in hopes of creating happiness and success. Unfortunately, according to Psychologist Mark Davies, research indicates that fewer than 20 percent of New Year's resolutions are realized. Most are broken within two weeks, leaving us feeling depressed, stressed and bad about ourselves.

Perhaps, part of the reason for broken intentions is due to the kind of goals we set for our self. It seems when we vow to make a particular change like lose weight or get in shape, our motivation for follow through is not congruent with changing aspects of our personality that would truly allow for us to feel balanced and in control of our life.

As I reflect on the qualities that constitute a mentally healthy person, I notice a parallel between the eight lessons Jesus taught us in the Beatitudes over 2000 years ago and the literature and research which has been written on describing a highly functioning personality. I wonder if people like Dr. Abraham Maslow, Dr. Victor Frankl and Dr. Karl Menninger based their theory of healthy personality from the Beatitudes?

The following guidelines are taken from the Beatitudes to help us live our life with a deeper sense of serenity and fulfillment and even to follow through with our resolutions for 2010!

"Blessed are the Poor in Spirit"

- Humility is the capacity to ask for help. These people are willing to admit they do not have all the answers and they can benefit from the expertise of others.

"Blessed are they who mourn, for they will be comforted"

- Vulnerability is the acceptance of human limitations. These people are able to receive support and blessings from others.

"Blessed are the meek"

- Empowerment allows for the freedom to live life authentically without trying to measure up to standards that conflict with true sense of self.

"Blessed are they who hunger and thirst for righteousness"

- Those who constantly search for wisdom and enlightenment recognize that regardless of changing circumstances, life never ceases to have meaning.

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"Blessed are the merciful"

- Forgiveness is the ability to accept our own insecurities and resentments which allow us to be more compassionate toward others.

"Blessed are the clean of heart"

- A pure heart allows us to live congruently with who we are and what we do without needing to hide or keep secrets that cause us shame.

"Blessed are the Peacemakers"

- Respect self and others. These people are secure with themselves and can allow others to be different without feeling threatened.

"Blessed are they who are persecuted for the sake of righteousness"

- Personal boundaries give us a foundation for standing up for our truth without compromise.

*"If you deliberately plan to be less than you are capable of being, then I warn you that you'll be unhappy for the rest of your life."*

*Abraham Maslow*