

## PARISH NURSE NEWSLETTER FOR APRIL 2007

Now that the Spring season is here, now maybe a good time to evaluate the resolutions we made in January. How do you feel if you are doing with making the changes you resolved to make for 2007? Good, fair, not so good? Are you feeling guilty, perhaps your results have been less than you desired because you have the wrong motivation to change? Perhaps you are trying to make too many changes! Review your resolutions and ask yourself the following questions:

- For whom am I making this change? If the goal is not yourself, you could be setting yourself up for failure.
- What will I have to change? Are the changes reasonable and realistic?
- How motivated am I to make these changes? Lack of motivation and commitment could block your progress.
- Am I ready to change? Make two lists: "Reasons for changing" and "Reasons for not changing". Reflect on both lists. The Reason for change should be the stronger of the two lists. If the "for" list have very few "I" statements, you are not ready to take charge of your own life.
- Is this the right time for me to commit to change? If you have a number of personal problems or expect some major changes to occur, it would be better to wait to make the changes you resolved to make in January.
- Is my spouse or family supportive of the change? Are they willing to help you reach your goals? Be realistic about your goals, keep a record weekly and feel the thrill of success.
- Do I think I can do it? If you believe and trust in God you can change, you will!

Remember to keep your resolutions/goals simple.