



from the desk of
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New Year...New You?

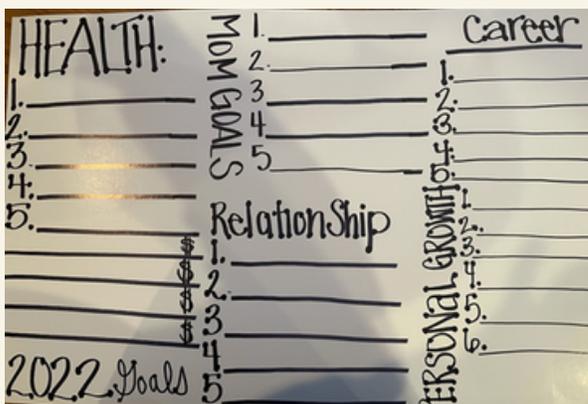
It's that time again, when people begin to make plans, goals, and develop strategies to determine how they will make great changes in the year ahead. It can be intimidating to see your social media platforms full of the perfect gym selfies, your coworker eating the organic meal they prepped for lunch, date night snaps of people "in love", or the sticker/color charts created to engage the family in more outside time (i.e., check out the 1,000-hour outdoor challenge that is currently trending). Many of us hold a deep-seated belief that we need to change or improve something about ourselves on at the beginning of the new year almost like the clock is a magical time warp indicating we will implode if change does not happen by 12:01 on New Year's Day.

A life-long friend helped me change the narrative on my New Year's resolutions. She began by explaining how word "resolution" can feel daunting, full of pressure, and carry a lot of weight. The overwhelming feelings associated creating these resolutions has a direct impact on their actual success. Not surprising, most New Year's resolutions fizzle out by the third week of the new year. Ultimately, she suggested that I change my narrative from resolution to INTENTION.

Equipped with a new narrative, my partner and I sat down and discussed what our intentions for the new year might look like. No full-on commitment, no timeframe or specific plan and no shame for failing to set plans into motion. Bringing our intentions into the new year has giving us the freedom to share it with the universe and allows us to talk about our intentions with each other and anyone else that can help us more fully develop our intentions.

Setting intentions.

Consider these six categories: Health, Parenting, Relationship, Career, Personal Growth, Financial



As I began to set these intentions, I discussed them with my partner to help guide the areas I felt I needed his support. It's important to keep in mind that when setting relationship intentions, you must include your partner (or if you're single consider the barrier you may be facing developing relationships). Relationship intentions like date night, or couples counseling are not attainable unless the other persons input and buy-in. For each category, I decided to identify five intentions for this year which allows me to have freedom to pick and choose based on different life circumstance.



Personally, I enjoyed putting them on oversized tag board (HUGE!) and keep them in a prominent place in my home as a daily reminder of my intention and growth process.

From an employer perspective, creating an annual intention board with your teams can be a helpful tool when decisions need to be made. Team intentions can increase team buy-in and provide purpose in the work that is being done, especially critical in the recovery field.

Remember, whatever intentions you have going into the new year, you are enough! As our world continues to face challenges from a global pandemic, our colleagues and friends face extra ordinary burnout, extended isolation, and an abundance of grief and loss over the past 22 months please know that you are thriving by just being here. You are enough by just being you.