

Fresh Start without Judgement in the New Year

MC shares in this episode that we need to rethink the idea of resolutions but think about how we can be kind and caring with compassion towards ourselves as we move forward to make the daily changes in what we desire.

Instead of “New Year’s resolutions,”

Think “**Ways I will care for myself this year.**”

1. From fixing → supporting

- ❌ *“I need to lose weight.”*
- ✅ *“I will nourish my body in ways that support my energy and health.”*

This honors the body’s wisdom and changing needs rather than criticizing it.

2. From rigid goals → flexible rhythms

- ❌ *“I must exercise every day.”*
- ✅ *“I will move regularly, choosing what feels safe and enjoyable.”*

Consistency matters more than intensity—especially for joints, balance, and recovery.

3. From outcomes → daily quality of life

- ❌ *“Lower my numbers.”*
- ✅ *“Feel steadier, stronger, and more confident in my daily activities.”*

The focus shifts to function, independence, and well-being.

4. From willpower → kindness

- ❌ *“I just need more discipline.”*
- ✅ *“I will respond to setbacks with patience and curiosity.”*

Self-compassion improves persistence more than self-criticism

5. From once-a-year pressure → ongoing permission

- ❌ *“If I don’t start now, I’ve failed.”*
- ✅ *“I can begin again any day this year.”*

Change is a process, not a deadline.

6. From doing more → protecting what matters

- ❌ *“Be more productive.”*
- ✅ *“Protect my energy for what brings meaning and connection.”*

Rest, relationships, and joy are health behaviors. Remember we have this one body, mind and spirit let's embrace ourselves with intentions that honor our uniqueness.

Be well, my friends, we have this one precious life, let's live it intentionally.

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