

The Friendly Times

Scrap the Resolutions and Set New Year's Intentions Instead

Ten years ago, Colleen E. Millett stopped making New Year's resolutions. Instead of setting herself up for a disappointing January filled with broken promises, Millett decided to set intentions instead.

"I found that resolutions were something that never pan out and never come to fruition," says the 54-year-old resident of Spring Hill, Florida.

As another year during one of the most challenging times in history draws to a close, it may be time for a revolution in resolutions. Intention-setting is less about a specific goal and more about a shift in mindset to help achieve that goal.

"An intention is something you want to manifest in your life or some guiding principle that you want to live by," says Diana Raab, a psychologist and author. While resolutions are hard and fast goals that are either achieved or broken, intentions are broader ideas. Raab describes them "as the beginning of a dream or desire" for something that you want for yourself.

Seek out a journey, not an end point

Changing the conversation from an end point to a journey means there is a greater likelihood of being successful, without the risk of failure. Instead of setting a goal that is likely to be broken, a growing wave of folks are turning over a new leaf in a different way.

"I learned years ago that resolutions rarely last past Valentine's Day," says Sandra Scheinbaum, 71, of Scottsdale, Arizona. "On the other hand, setting intentions works because they're associated with your hopes and dreams for the future." For example, this year Scheinbaum intends to do everything in her power to stay healthy.

Tips for setting intentions:

1. Choose a broad, less specific goal for an intention than you would for a resolution: For example, improving health, lowering stress or becoming more mindful or present.
2. Get specific about ways to achieve that intention. For example, using less technology, spending more time in nature or meditating.
3. Plan how to incorporate those efforts into your regular routines.
4. Use a journal to make note of your intentions and your successes as the year continues.

Resolutions are often focused on smaller goals like trying to maintain good posture, exercising more or cutting down on sugar, according to Raab. But an intention has a broader focus and "often has to do with relationships, careers, self-improvement or a larger call to action, such as travel."

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*What are your New Year's
Intentions for 2023?*

Happy Holidays!



New Year's Intentions (continued)

To ensure successful intention-setting, Raab believes it is important to “commit to your intention,” making it “a part of your everyday thinking.”

Want something a little more concrete to help you follow through? Peter Gollwitzer, a professor of psychology at New York University who specializes in goal-setting, says that people who engage in planning how to achieve a set goal are about three times more likely to succeed than people who leave it at mere goal-setting.

“Specifying the how of reaching your goals makes people more likely to get started on time, stay on track in the face of distractions, and persist until the goal is attained,” Gollwitzer wrote in an email. “And this is true for all kinds of goals, more abstract ones such as New Year’s resolutions (I want to become more physically active!) or more concrete ones (I want to go running at least once a week!).”

Avoid resolutions that get broken annually

Once you have selected an intention, write it down to keep it in the forefront of your mind and help you manifest it in your everyday life, says Raab, who has written about intention-setting for Psychology Today.

That’s what Beth Graham did last year. I sat down and decided how to approach the New Year and wrote in my journal, “Feel life. Live with intention,” she says. The 58-year-old public relations specialist from St. Augustine, Florida, chose to shake things up for 2021 after breaking her resolutions every single year.

Her intention was “to feel life,” which included changing the way she used technology to be more present in everyday tasks, shaking up her morning routine to feel more productive, and even putting on makeup each day.

“Intentions are a bit more spiritual and they’re a bit less tangible—they’re changes made at a much deeper core within your soul,” she explains.

Janice Holly Booth, 62, of Charlotte, North Carolina, also had a new plan for herself last year. She “set an intention to try and become a little bit better at everything I do, whether that’s golf, painting, yard work or listening,” she says.

Instead of rushing through her tasks, Booth was “present, mindful and focused” during each activity, a mindset that she predicted would bring improvement in everything from her golf swing to her gardening.

An intention doesn’t have to be an overarching goal, though. Millett, for example, chooses a specific word to focus on each year. In 2019 she selected the word “joy” and worked to imbue it into her everyday life. For 2020 she chose the word “wonder” and for 2021 she chose “flow.”

After several years of massive change and uncertainty, Millett says she feels “ready to let the energy of life flow freely through me, knowing full well how to allow joy and wonder at the same time.”

Reprinted with permission from AARP. Note: This article was originally published on December 30, 2020. It’s been updated to reflect new information.

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Gingerbread Fun



Eileen Jennings and Donna Leo



Anna Lusvardi and Carol McHugh



Lucy Rosado and Donna Iacone Davis





Kari Primo Liddy and Jessica Bullock are making ornaments.



George Gray and Sally Jacks enjoy an afternoon snack and a game of cards.



Kari Primo Liddy, Jennifer Dischert, and Anna Lusvardi.

Snowy Night

by Mary Oliver

Last night, an owl
in the blue dark
tossed an indeterminate number
of carefully shaped sounds into
the world, in which,
a quarter of a mile away, I happened
to be standing.
I couldn't tell
which one it was –
the barred or the great-horned
ship of the air –
it was that distant. But, anyway,
aren't there moments
that are better than knowing something,
and sweeter? Snow was falling,
so much like stars
filling the dark trees
that one could easily imagine
its reason for being was nothing more
than prettiness. I suppose
if this were someone else's story
they would have insisted on knowing
whatever is knowable – would have hurried
over the fields
to name it – the owl, I mean.
But it's mine, this poem of the night,
and I just stood there, listening and holding out
my hands to the soft glitter
falling through the air. I love this world,
but not for its answers.
And I wish good luck to the owl,
whatever its name –
and I wish great welcome to the snow,
whatever its severe and comfortless
and beautiful meaning.

January Highlights

January 1 - New Year's Day

January 16 - Martin Luther King Day

Happy Birthday!

January 13 - Janet McKee

January 31 - Grace Ann Walton

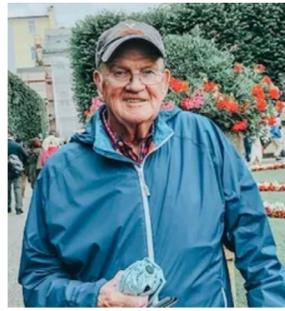
"You are never too old to set another goal or to dream a new dream."

- C.S. Lewis



In Memorium

Jim Skelly, aged 77, passed away on November 19, 2022, from complications due to dementia. Jim was born in Louisville, KY, in 1945. His family moved to Wilmington, DE.



Shortly after that, Jim attended Tower Hill School in Wilmington, DE, and Canterbury School in New Milford, CT, where he played football, basketball, and

baseball, graduating in 1963. Next, he attended the University of Virginia, earning a Bachelor in Economics and Business in 1967. While at UVA, Jim was a proud member of the Delta Phi fraternity and rarely missed a chance to spend time with his fellow Elmos.

Jim's career spanned almost 30 years in banking, followed by 20 years in real estate. He was an avid tennis player and a die-hard UVA and Philadelphia sports fan. Jim rarely missed a Tower Hill, Canterbury, or UVA Homecoming or reunion. He was an active member of the UVA Alumni Association. He and his wife of 47 years, Fern, enjoyed several UVA-sponsored international trips, making lasting friendships with other alums.

Known for his kind, gentle manner and impressive ballroom dancing, Jim was respected and admired by everyone who knew him. He served as a chairperson for the American Cancer Society's Relay For Life. Additionally, he volunteered with the Boys & Girls Club of Wilmington, Meals on Wheels, and the Mental Health Association. He had been a member of Wilmington Country Club since the age of 10 and was a past member of Wilmington Club.

He is survived by his loving wife, Fern Skelly. He is also survived by his three daughters, Margaret (Steve), Meredith (Chris), and Layton (Aron), and his five grandchildren, Cameron, Audrey, Maris, Hadley, and Harper. He is also survived by his brother, E. Leland T. Skelly. He was predeceased by his sister, Margaret Skelly Strange, and by his parents, James T. Skelly, Jr. and Margaret Taylor Skelly.

