

A Time for Change

There are far better things ahead than any we leave behind. –C.S.Lewis

Once again, we find ourselves at the dawning of a New Year—a time when we reflect on the past, assess how we did, and resolve to do better. Passing this milestone motivates us to think about the good directions we want our lives to take and the changes necessary to make that happen.

Most of us make New Year's resolutions of one sort or another. These resolutions can range from simple wishes to specific plans for a significant life change. In either case, we are hoping that somehow life will be different (and better) in the year ahead. We want to grow and improve.

Throughout history, people have engaged in various practices to start the New Year off on the right foot. Sometimes, it involved returning borrowed items, paying off debts or seeking and offering forgiveness. Today, New Year's resolutions often include lifestyle changes like improving our health, making new friends, starting or ending a job, or moving to a new home.

During 2020, the COVID pandemic put many of our hopes and dreams on hold. Now, we are at a new beginning, a chance to start over and make up for lost time. So, what are your plans for the New Year? Is this the year to tackle some aspect of your life that needs a change? Maybe you want

to get more exercise or eat a better diet. Maybe you want to spend more time in prayer or other spiritual practices or pay more attention to the important people in your life.

You may be ready for a new phase in your life. You may be considering a bigger change, like retirement or different living arrangements. Many people find that as they enter the third age of life, their previous ways of living are no longer the best for them. Perhaps the house that took care of you and your family for so many years is no longer meeting your needs. You may want to find a place to live that is easier to maintain and better provides for your physical, social and intellectual needs.

New Year's resolutions are part of the universal human need to have some control over what lies ahead, because the future is unknown. This year, take control. Create the life that will meet your needs and desires for today and for the future. Committing to your desired outcome will give you a feeling of more control over the uncertain days to come. Don't be afraid to make the move.

This article is a reprint of a blog
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*For 50 years, Laureate Group, a local, family owned business has been helping older adults and their families manage the challenges of aging. Laureate Group operates eight senior communities throughout the Greater Milwaukee area. Additional resources can be found at:
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