

2022 COMPOUNDING RESOLUTIONS



In the world of finance, compound interest causes your wealth to grow faster. In my world, compounding resolutions will cause my health to grow faster, hopefully. When considering where I want to be a year from now, I had to take a serious look at my soul, mind and body. Covid and working from home has caused detrimental effects for so many people. Personally, I have gained weight, I frequently eat cereal for dinner, I am less flexible from inactivity, and I just do not feel as strong and healthy as I once did. I know myself enough to know that I must make changes little by little, or I will give up. However, my default is almost always an all or nothing mind set. This never gets me anywhere. I am all in for a week or two, and then I give up in frustration.

At the beginning of 2022, I made three lists:

1. Changes to Help My Soul
2. Changes to Help My Mind
3. Changes to Help My Body

As new ideas come to me in prayer, I add them to my list. Each month I pick three small changes to make. At the end of the month, if I feel I am ready for a new resolution in a category, I will make another change. If I feel I need to continue on with the small change I started at the beginning of last month, then I do so. Examples for changing the soul could include attending daily Mass, carving out 15 minutes a day for prayer, saying a daily rosary or Divine Mercy chaplet, or monthly confession. Examples for improving the mind could include less time on social media, reading more books, doing puzzles, learning something new each month, listening to classical musical or Gregorian chant. As you can see, many of these ideas will cross categories. Examples for improving the health of the body could include drinking more water, getting 8 hours of sleep, daily functional movement, or giving up a bad habit.

As one considers what to do for Lent, I would take this to prayer and ask our Lord what he would like you to do. I will take something from each of my lists, but make in relate to prayer, fasting and almsgiving. If I chose to give something up, I will replace It with something better. I know He will make it clear to me in prayer over the next week what it is that will help me to better serve Him. I wish you all a very blessed and life changing Lent.

Hannah Hay