



Press In Print

News and information from the President's Office
assembled by Dale Galusha and Gina Duncan



Just Say Yes!

According to a recent study conducted by Edith Cowan University in Australia, two in three people give up on their New Year's resolutions by the beginning of February.

Researchers say intentions have little to do with it. Even if a person wants to make a life change for the noblest of reasons, they're still overwhelmingly likely to drop it within a month.

If you have given up on your New Year's resolution weeks ago or are on the brink of giving up, don't be discouraged. You can still make one more resolution that will be easy to stick to! Just say yes. Instead of having a list of failed resolutions, just say yes to a whole new approach to life.

Read the full article: [Just Say Yes: The New Year's Resolution That Will Change Your Life – Vibrant Life](#)

Say Yes to God

Take a look at the twists and turns of your life this past year. Did you lose a job or a once-treasured friendship? Have you been bombarded with colds or other health problems? You may have already realized you need to make some changes—but how do you know which ones to make? It's hard to hear what God is trying to tell you if you don't have a strong relationship with Him; and a strong relationship requires regular communication.

So say yes to daily time in prayer. Say yes to gathering with a faith community each week. And when you're facing a fork in the road, don't just phone a friend for input—get in touch with God. Pray about your decision, and just say yes to God's suggestion.

Say Yes to Loved Ones

It's a juggling act trying to balance the needs of all the people we care about. Married people sometimes struggle to maintain friendships they enjoyed before; young adults may allow family bonds to stretch thin as they start exploring the world. Letting relationships fade can make us feel guilty. It also contracts our lives, making them darker and less joyful.

So just say yes to patching things up with people you've hurt—and to forgiving those who have hurt you. Say yes to enjoying time with a friend. Say yes when your kids ask to play a board game or watch a movie with you. Say yes when your spouse suggests going for a walk or a drive.

Say Yes to Yourself

I used to ask myself, "How can I find time to do the things I want to do, when there are so many things I have to do?" But after a while I realized: today is my day. God gave it to me to use and enjoy. I can't let my work responsibilities slide, but neither should I make each day a 24-hour marathon to complete my to-do list. So instead of stumbling into my home office at 6:00 a.m. each weekday, I take the dog for a brisk walk first. Instead of spending the whole weekend catching up on housework, I take a break to soak my feet and leaf through a magazine. Instead of telling the kids "Maybe later," I say, "Sure." And my work productivity hasn't suffered a bit.

Every day we're given is filled with countless choices. This year, instead of boxing yourself in with no after no, widen your horizons with a few more yeses. It's a one-step program that couldn't be more enjoyable to implement.



Dateline

February 2022
23 PAYDAY

March 2022
9 PAYDAY
13 Daylight Savings Time Begins
20 First Day of Spring
23 PAYDAY