

TOPIC OF THE WEEK

NEW YEAR AND RESOLUTIONS

“The **New Year** is the [time](#) or day at which a new [calendar year](#) begins and the calendar's [year count](#) increments by one. Many cultures celebrate the event in some manner.^[1] In the [Gregorian calendar](#), the most widely used calendar system today, New Year occurs on January 1 ([New Year's Day](#), preceded by [New Year's Eve](#)). This was also the first day of the year in the original [Julian calendar](#) and the [Roman calendar](#) (after 153 BC).^[2]

Other cultures begin their traditional or religious year according to their own customs – typically (though not invariably) because they use a [lunar calendar](#) or a [lunisolar calendar](#)” - Wikipedia

New Year resolutions tend to sit right in that space you were circling earlier — *new year, old year; new intentions, old habits*. So here are a few ways to think about them that don't just feel like reheating last year and renaming it.

RESOLUTIONS

ChatGPT RESPONDS

A reframing

Instead of “**What should I change?**”, try:

- “**What do I want to continue?**”
- “**What is asking to be retired?**”
- “**What deserves more care?**”

This treats the year not as a reset button, but as a **chapter break**.

Some resolution styles (choose what resonates)

1. The Gentle Resolution

- Do one thing a little more slowly.
- Say “no” one extra time when it matters.
- Protect a small, ordinary ritual (tea, walking, writing).

2. The Honest Resolution

- Stop pretending something works when it doesn't.
- Name one illusion you're ready to let go of.
- Replace "should" with "want" at least once a week.

3. The Continuity Resolution

- Keep doing the quiet thing that already sustains you.
- Deepen a practice rather than adding a new one.
- Learn *less*, but understand it better.

4. The Question (instead of a rule)

- *What am I avoiding, and why?*
- *Where am I already enough?*
- *What would a good life look like at this pace?*

5. The Anti-Resolution

- No reinvention.
- No "new me".
- Just more truth, less noise.

A short line you could carry into the year

*I don't need a new year.
I need a truer one.*

If you'd like, I can:

- help you shape **one personal resolution** into a sentence you'll actually live with
- turn this into a **short reflective piece or poem**
- or help you write a **letter from the old year to the new**

Just say which way you'd like to go.

Is this conversation helpful so far?