

Out with Resolutions and in with Themes: A Personal Story for the New Year

by Holly Stevens

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OAK RIDGE, N.C., USA -- Several years ago, I gave up the practice of setting new year's resolutions, most of which were forgotten by February anyway, in favor of establishing a new year's theme. Instead of focusing on a personal deficiency as most of my new year's resolutions had, each theme centers around a single word that I hope will influence my perspectives, actions and decisions.

My first such theme, for 2002, was gratitude. At the time, my 1992 breast cancer had recurred to my bones, and I was in the midst of a painful divorce, yet I was aware of many blessings and wanted to hold on to that mindset. Little did I know what an aid focusing on gratitude would prove to be that year, as my back fractured at the site of a malignant tumor, leading to neurosurgery and paraplegia, as all the while I navigated the unknown territories of lawyers' offices and

[SNIP – End of preview.]