

# Your Health Matters

## CELEBRATING THE PAST AND MOVING FORWARD

New Year's gives us the opportunity to start fresh – to forget what is behind and move forward with big goals, hopes and dreams. But there is great value in taking time to reflect on the past, as well, weighing our actions against our core values and beliefs, and celebrating our victories – big or small.

Before you start making New Year's resolutions, take some time to reflect on 2017. Quietly considering the highlights and low-lights of the past year will help you learn more about yourself and set you up for a better chance of success in the coming year. You can use the following questions to help you get started.

**What went well in 2017?** What were my greatest achievements (no matter how small)? What am I most proud of? How much fun did I have?

**What were the top challenges for 2017?** How did I handle them? What did I learn from them? How did I change because of them?

**Who was influential in my life in 2017?** What new people did I meet? Who did I let go of or lose? Who impacted my life?

**How do I feel about 2017?** What was I grateful for? What left me fulfilled? What surprised me? What do I need to leave behind? Can I sum up the year with a sentence like: 2017 was the year of \_\_\_\_\_?

Now, looking forward to 2018, ask yourself the following questions:

**Where do I need to go next?** What are my top goals for 2018? How do I want to change? Who do I want to connect with? Can I create a mantra to help me focus through uncertainty, apathy and challenges? 2018 will be the year of \_\_\_\_\_.

You have a blank slate in front of you – 365 days of opportunity. You can make 2018 the year you want it to be. I wish you all the best on your journey! Happy New Year!

The Montgomery County Health Department loves taking care of your family, and works every day to protect, promote and improve health in our community. ■

*Linda Harman*

