

# I Resolve to.....

---

**I resolve to** make the best of whatever comes my way each day

**I resolve to** smile daily, even if it's through tears

**I resolve to** encourage my family to be their best, even when the worst is flooding our world

**I resolve to** enjoy the success of others and encourage them to keep pursuing their passion

**I resolve to** treat others the way I want to be treated, no wait... BETTER than I want to be treated

**I resolve to** be kind to those who are the meanest

**I resolve to** listen to my heart and not feel guilty for doing things for myself

**I resolve to** do what I can with what I have and enJOY it

**I resolve to** read a book a month (or listen...as I love audio books)

**I resolve to** be a positive force

**I resolve to** use my strengths without worry about my weaknesses may come across

**I resolve to** allow my heart to sing freely

**I resolve to** find beauty in the Ordinary

**I resolve to** laugh daily....regardless (hey, if I'm gonna cry often, I may as well laugh even more)

**I resolve to** hug freely

**I resolve to** say thank you to someone daily

**I resolve to** learn from my mistakes

**I resolve to** face difficulties with courage

**I resolve to** let those in my world know just how important they truly are



**I resolve to** continue to be Matthew 5:16

**I resolve to** be compassionate

**I resolve to** let the hurt & disappointment that surrounds me to make me more determined

**I resolve to** keep taking the next step, even when I can't see the path

**I resolve to** love, and do so freely

**I resolve to** celebrate the good, forgive the bad and enjoy the moment

**I resolve to** change what I can, fix what is wrong & find the good in the rest

**I resolve to** reflect on the blessings of the day at the end of the day

**I resolve to** celebrate small victories and push onward through challenges

**I resolve to** be content with what I have, while striving to improve where I can

**I resolve to** not allow circumstances to dictate HOW I live

**I resolve to** not allow guilt to eat at my heart

**I resolve to** stop and smell the roses when I'm near them

**I resolve to** believe that I'm enough and not compare myself to others

Please pass along to anyone needing encouragement  
[www.spreading-joy.org](http://www.spreading-joy.org)