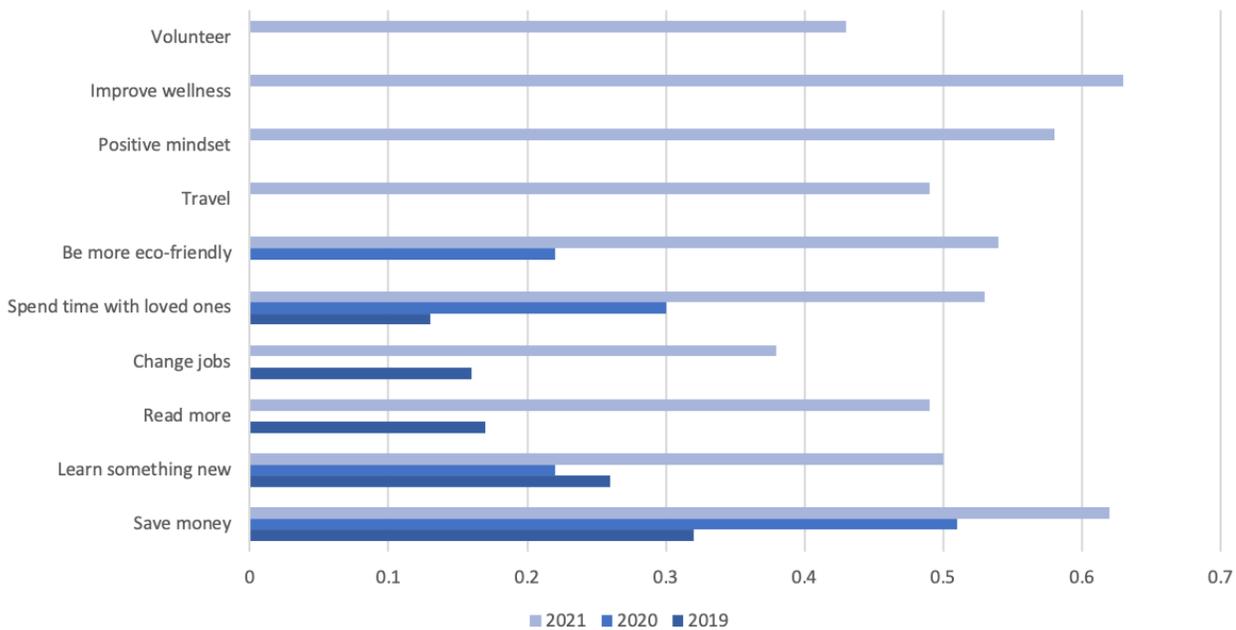




THINK DIFFERENTLY

Last week, I delivered a webinar on making sustainable change. I thought, weird, this topic is most often addressed at the start of the new year. But really, not so weird. People are tired of 2020. They are thinking about how to make 2021 better.

New Year's Resolutions



Source: *statista.com 2018 and 2019. onepoll.com, 2020.*

Every January, I look to *statista.com*'s annual new year's resolution survey to see what people are hoping to accomplish in the coming year. Well, *statista.com* hasn't published their 2021 survey yet, but OnePoll has. So, I'll go with that one. Based on a comparison of the last two years of Statista's survey with this year's from OnePoll, people are trying differently. Could it be that we have learned something from 2020? I think we have.

Behavior falls into two categories: sinning and investing. Sinning behaviors are those that we perform today and hope we pull off. Investing behaviors are those that we perform today and hope they pay off. Typically, reversing sinning behavior such as dieting, getting in shape, quitting smoking, and paying down debt top the list of new year's resolutions. This is understandable after the usual abandon of the holidays. This year, however, we dedicated ourselves to our sinning behaviors in March. And we either stuck with them or addressed their reversal. The 2021 new year's resolutions, however, fall squarely in the investing category.

People plan on saving money, volunteering, traveling, changing jobs, reading, and learning in 2021. These are clearly investing behaviors. They enhance not only our current lives, but also contribute to a richer future. Life has slowed down enough to make us think more broadly, more holistically. We are thinking differently.

Over Thanksgiving, I spent some quality time with my sons. We discussed plans for their upcoming birthday (they are twins) and the Christmas and New Year's holidays. We decided we really didn't want much this year. We plan to invest in hobbies that we can do together. This means a range finder for the golfer. We play together and he is envious of my ability to report yardage. He beats me soundly, but I usually win the bet. For my tennis player, some pickleball equipment. He's been playing tennis since he was four, but I just don't have the knees for the full court. We compromised with pickleball. He too will, no doubt, beat me soundly. But in the process, we will have improved our wellness, learned something new, and spent more time together. That sounds like a sound investment to me.

HERE'S TO A
happy & healthy
2021!



**PATRICIA M.
FULLER, PHD**

*Director, Wellness
Engineering*

Patricia M. Fuller has dedicated the last 20+ years to designing and delivering wellness programs. Her events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

Have a Question? Email it to Dr. Pat: pfuller@bks-partners.com

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