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# FROM THE DESK OF DR JENN HARDY

A quarterly-ish newsletter



## Welcome to Newsletter #5!

With 2020 just around the corner, I have been interviewed a couple of times about the tradition of setting a New Year's Resolution. I can't wait to share those articles with you when they publish. Both journalists named a truth that most of us have known for awhile: most of the time, resolutions fail.

Their questions got me to thinking about change and growth. So many myths about both have circulated over the years. I decided to spend this newsletter setting the record straight. I'm sharing what I've learned about the process of healing and change over the years, both personally and professionally.

Don't forget check out my previous newsletters to see what else I've written about this year. You can find them posted in the 'Writing Projects' section of my website. I've also been keeping that page up-to-date with my various podcast and print media interviews.

@drjennhardy

## Top 10 Lessons about Change

- **Not all change is immediate and visible.**
  - Change is often in the details, in the small steps toward a different life.
  - Keep a journal to help you remember back to see how far you've come.
  - Look for changes in the ways that you talk to and treat yourself.
- **You can't change everything all at once.**
  - It's a recipe for failure because you've spread yourself too thin.
  - I would rather be successful in changing one small thing at a time than fail at a major renovation of my life.
  - One change at a time is just fine.
- **Change is stressful, even if it is a good thing.**
  - Graduations, marriages, buying houses, and having a child are all great examples. They are generally positive events that create a lot of stress and change.
  - Lean into routines and rest to help you weather the stress of life disruptions.
- **It is often wise to limit the number of people you tell about your goals.**
  - People often get nervous about change. They may worry about the way that their relationship with you will be different.
  - It's pretty common to see people pushing back against the work you are doing.
  - Consider telling only 1-2 people who you can trust to be wholehearted supporters.
  - It's OK if not everyone in your life is supportive of your change.
- **You are more likely to stick to goals that are aligned with your deepest values.**
  - Be careful about falling for convincing marketing. Pick goals that truly speak to who you are and what you want to see different in your life.
  - Some examples of deep values: spirituality, family connections, compassion, altruism, persistence, accountability, and integrity.



## The Rest of the Top 10

- It's OK to change your mind about your goals.
  - Especially as you get part of the way with your work, you may realize that the goal you had picked isn't going to get you where you want to be.
  - It's OK to change course and to adapt to the new information that you have learned about yourself along the way.
- Your growth will be imperfect. It doesn't mean you've failed.
  - Expect some setbacks. They are a part of the process, not necessarily a sign you should quit.
  - We give ourselves a gift when we feel permission to show up imperfectly.
- You don't always need to be changing something about yourself.
  - Really and truly.
  - We all need breaks, even from self-improvement.



- When the big picture gets overwhelming, it helps to focus only on the next step.
  - We get discouraged along the way if the goal we are working on will take a long time.
  - It helps to break the work down into digestible bits.
  - What can I be doing this week to help me toward my goal?
  - When you reach these smaller goals, it feels encouraging and helps you to persist with the work ahead.
- Preparation helps!
  - Instead of picking an impulsive moment to change, consider what prep work you can do to set yourself up for success.
  - Let's say that you want to cut back on caffeine. You may choose to wait until a day off from work. You may go to the store to buy some decaf coffee to replace your normal brew.

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