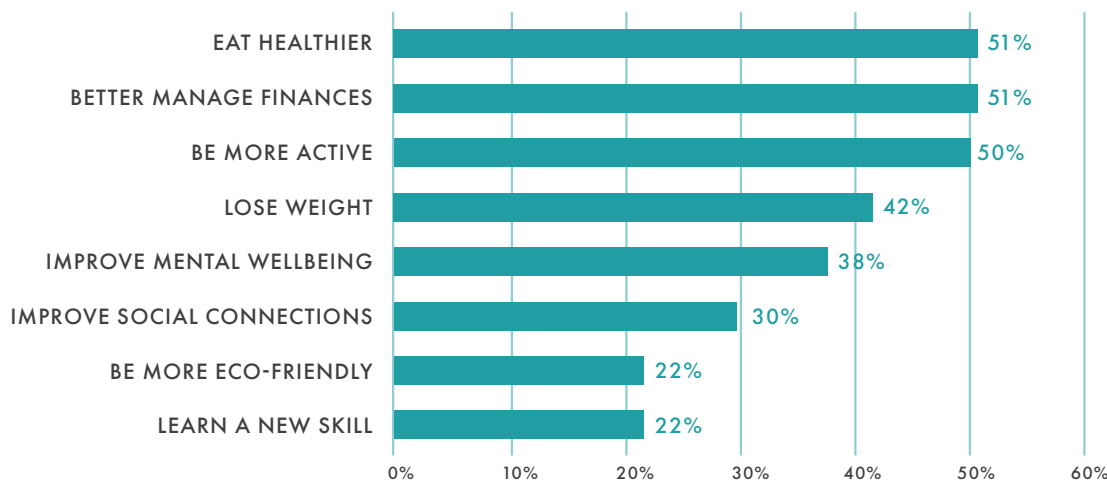


HAPPY NEW YOU

There is nothing like the clean slate of a new year, let alone a new decade, to inspire change. As in years past, Statista (www.statista.com) has published the results of their annual America's Top New Year's Resolutions Survey. In 2020, Americans are planning to:



Source: <https://www.statista.com/statistics/1076508/most-popular-new-year-s-resolutions-in-the-united-states/>

New to this year's resolutions are improving mental health and being more eco-friendly. The others reappear on the list consistently from year to year because they share the goal of most new year's resolutions--to make life better. Concluding that life is better occurs to us in a fleeting moment--perhaps we have had the opportunity to change perspective on a vacation or just had a belly laugh with a colleague. Or maybe after months of showing up and practicing, practicing and practicing again, we nail it. Hence the reappearance of the same new year's resolutions year after year. They each require action! And often that action is repetitive and taken over weeks before the improvement becomes apparent. We all would prefer immediate and measurable results.

Tom Rath, author of *Fully Charged*, made a career of making life better. Diagnosed at age 16 with a rare cancer, he has spent decades getting the most out of his especially brutal lot in life. In the process, he not only continues to beat his personal odds, but he also became a prolific researcher and writer on the topic. Based on his research, an energized life maintains its full charge with:

- Meaning – doing something that benefits others
- Interactions – creating far more positive than negative interactions
- Energy – making choices that improve physical and mental health



If you look at this year’s resolutions, they fit nicely into Rath’s sources of “charge”. It appears, as is typical in a new year, that most people are looking for more mental and physical energy.

	MEANING	INTERACTIONS	ENERGY
	Be more eco-friendly Learn a new skill	Improve social connections	Eat healthier Manage finances better Be more active Lose weight Improve mental wellbeing

Our energy is finite. There are only so many hours in a day. In order to maintain our mental and physical health we have to invest in them. With technology blurring the lines between our professional and personal lives, it takes healthy boundaries. The first step in setting those boundaries is defining our personal meaning. This simplifies the process of culling out the time wasters. Suddenly everything isn’t both urgent and important. We have the mental and physical energy for what matters most – the stuff that lifts us and makes life better.

Rath suggests that we create meaning when our interests and strengths intersect with the needs of the world. When we operate in that space, we are happy. Quite unintentionally, I have found tremendous meaning in my profession. When I analyze it using Rath’s theory, it makes complete sense.

Interests: I have always been interested in nutrition (to be accurate it was probably more of an interest in dieting and weight loss before I went to school for it). My curiosity really started to light up when I combined nutrition and accounting with behavioral economics.

Strengths: According to the Strengthfinder 2.0 assessment, my strengths are individuation, learner, strategic, maximizer and relater. Based on my strengths, my assessment suggests I would enjoy a career in coaching or teaching.

Needs: I’ve spent my entire career in corporate offices working with clients in all kinds of industries. Each and every one of them has work-life pain.

With technology eliminating the natural boundaries between work and life and making us more sedentary and reliant on convenient processed food, I suddenly had a mission – make work-life better. Therein lies my meaning. For 20+ years, I have had a blast. Here’s hoping that in this new year and brand-new decade, you too find your happy new you.



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

This newsletter is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.