



# Pause With Purpose

...to refresh

...to grow

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Free to Be  
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## Resolution or Revolution

It's that time again. The beginning of a new year. A fresh start. A new beginning. What a great concept! People become motivated to change, to improve in some way. Ideas abound. Honorable intentions flourish. Resolutions flow forth.

And then, about a month later, something happens. Good intentions bump into old realities. And sadly, the old realities often get the upper hand. It is said that of all New Years resolutions made, over 90% of them are abandoned within the following six weeks. That's quite staggering! If this was a business project with a 90% failure rate within the first month and a half, the project would be abandoned, never to be considered again. So it is understandable when people say that they don't make resolutions because they "don't believe in them" or they are just "sick of failing at them."

Yet, year after year, we hear of resolutions being made. So what does this tell us? That we are slow learners? I don't think so. I believe it is a testament to our inner desire to improve and to the hope that we will finally succeed.

But change is not easy, even when powered by healthy motives. Why is this? Consider three possible reasons. First, we humans are creatures of habit, drawing security and comfort from the familiar. Change, even positive change, threatens this tidy system and the benefits we draw from it. No change, no risk...or so we think. So even though we desire the benefit of a change, we ultimately abandon it and settle for the security of the familiar.

Second, change typically involves giving something up as well as gaining something. We let go of the old to make room for the new. So to achieve a healthier body, a stronger marriage, or a more profitable business, we have to let go of the late night bowl of ice cream, the third bowling league, or the control over every business decision. Often, we underestimate our attachment to these old 'friends' and the 'good' they offer, and sacrifice the 'best' we really long for.

Third, resolutions are abandoned because we haven't learned how to use failure as an incentive to propel us further toward our goal with new vigor. We view 'resolution lapse' as evidence that we cannot succeed. Our confidence falters; our energy fails; we lose sight of our dreams.

Good people. Good intentions. Lost dreams. How can we change this pattern? Perhaps it would help if we change just one letter. How would it feel to commit yourself to a New Years revolution, instead of a resolution. Resolutions are so neat and proper and 'nice.' They can be held and even played with. They can be talked about or admired from a distance. Often, they are valued simply for their appearance, rather than for their power or outcome.

A revolution, on the other hand, is dirty, hard work. It is by nature quite dangerous, with the threat of pain and loss on the path to a greater good. Because a revolution is deeply personal, it demands personal involvement. You are identified as one who is revolting and challenged to stand for your cause. Revolutions involve struggle, battles sometimes won and sometimes lost, but always moving forward to the ultimate victory. Desire and resolve blend with the support of others to achieve the sought after goal.

So what do you think? It's just a letter change. But it might just set the stage for that wonderful, glorious change you want to make in your life. Go ahead...start a revolution!



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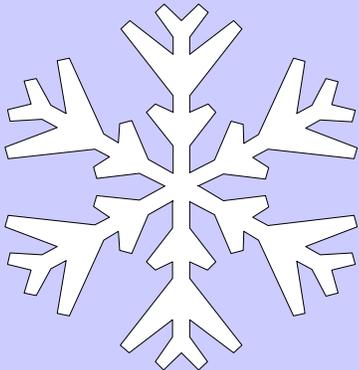
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## CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can help you take on the challenges of life and bring new vitality into your life relationships.

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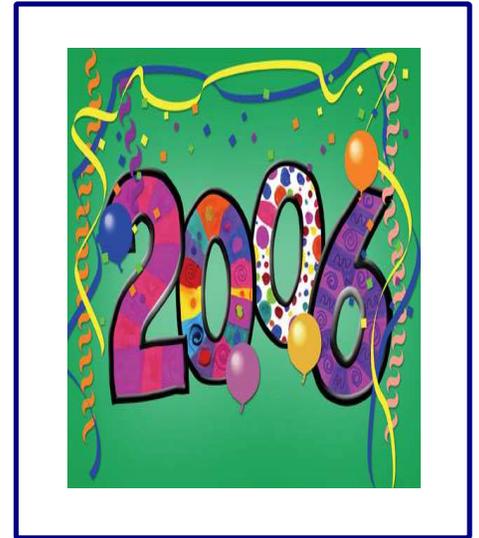
## How about your New Years revolutions?

Where is it that you would like to make changes in your life? Your health and fitness? Your career? Your relationships? Your business? Your spiritual life?

For most of us, each of these areas provides ample opportunities for growth and improvement. But what's most important for you? Check in with yourself and hear the call of your heart.

For a revolution to be successful, it must be worth the effort, the risk, and the expense. What tugs at you and stirs your passion for change? What change would make the biggest difference in the quality of your life and the lives of those around you? What change would most honor the person who you were designed to be?

As you explore yourself, consider who you want to *be* this coming year, as well as what you want to *do*. I encourage you, then, to take on the revolutions needed to accomplish your mission and purpose.



"God always gives us strength enough, and sense enough, for everything He wants us to do."

- John Ruskin