

# Wishy-Washy

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The name "January" comes from the Roman god Janus — the god with two faces — one looking to the past and the other looking to the future. This is indeed a time to look back at the year that has just ended and to look forward to the new year ahead. How did I spend this one year of my life that has just passed? Did I use it to advance my goals and objectives in life? Could I have done better last year in the way I invested my time between the demands of work, family, friends and society, and the demands of my spiritual life? What things did I achieve last year and what did I fail to achieve?

Through soul searching questions like these we find that a review of the past year naturally leads to setting goals and resolutions for the new year.

There are people who tell you that there is no point making new year resolutions, since most of them are broken by February. Do not believe them. We must set goals and make resolutions as a necessary conclusion to our review of the past year. And we do need to review our lives from year to year because, as Socrates says, the unexamined life is not worth living.

Today's newspapers are full of individual and collective new year resolutions. Most of those, however, are not resolutions at all but only wishes.

What is the difference between a resolution and a wish? A wish identifies a goal one wants to reach; a resolution specifies the steps one will take to reach it. A wish says this is where I want to be; a resolution says this is the road I will take, this is what I will do to get there.

The wishful person says "I want to pass my exams this year" and the resolved person says "I will devote an extra hour to my studies everyday in order to pass my exams." The wishful person says "I will have more peace and love in my family this year" and the resolved person says "I will spend more time with my family at the table instead of rushing off to watch TV, so that we get to know and understand ourselves better."

See the difference? This year do you want to make wishes or resolutions?

The choice is yours.