A reflection and resolutions

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OUR year has gone by
and we are now already a
few weeks into 2016! We can
certainly feel that everyone is
back to the daily grind after
the long holiday, judging by the sales
of school-related items, the hustle and bus-
tle of early morning traffic and of course,
the stressed expressions of parents ever-
rywhere.

It certainly feels like time is flying by
and although it’s still the same 24/7 rou-
tine, somehow, with packed schedules
and electronic devices around us, each
day seems to end as quickly as it started.
Belated! Before we know it, it’s already
the end of January 2016!

REFLECTING FORWARD

In these early days of 2016, nearly eve-
yone speaks about resolutions for the
year. Thanks to social media, there are
even tips on choosing practical New Year
resolutions and ways to achieve them.

I naturally got sucked into this idea of
setting resolutions for 2016, with hopes
that it will be even better than my awe-
some 2015.

While I was thinking of a resolution
for this year, I realized that the best way
for me to be resolute is by reflecting on
the past year.

I reflected on everything—the joys,
challenges, successes, relationships and
many other aspects of my life.
As I was in this “reflective zone,” feel-
ing all Zen-like, I began to wish I could
share these thoughts and memories with
my family—the people that I love and
trust.

What a wonderful world it would be to
connect as a family and truly be support-
ive of each other if we could reflect on
the past year together and create resolu-
tions for the upcoming year.

So I would like to extend this invita-
tion to you, young and old, to gather your
family and share your reflections; be it
happy, sad, silly, stressful or even funny.
It may not be the first day of the year to
set resolutions, but it is never too late to
create loving memories as a family.

HOW TO BEGIN

Now, I can imagine your questions:
“Where do I start?” or “What do we talk
about?”

Wouldn’t this be awkward if you have
never reflected as a family before? Or if
you have never talked about personal
things?

I can imagine the anxiety or concern
for many families to communicate in this
way. Well, maybe starting the conversa-
tion with some light-hearted questions
or funny memories could help ease the
awkwardness or anxiety. It does not even
have to be a lengthy discussion, but it will
foster a better emotional bond as a family.

Family reflection can be a very special
time. It draws you closer and allows each
person to see that in your trials and tribu-
ations in life, you do not need to fight the
battle alone.

It creates a space for each person to be
honest and open about their lives, and
helps in gaining a greater understand-
ing of individual experiences. Most of us
already know that we have our family’s
support, love and prayers at all times.
Moments like these allow us to deepen
this trust in a nurturing environment.

Family reflection time can be a great
way to expose your children to the daily
challenges we face as adults. Very often,
parents prefer to keep challenges to
themselves in an attempt to ‘shield’ their
children from the harsh realities of life.

An honest discussion can be an effec-
tive way to allow them to understand
that struggles, fears and challenges are
part and parcel of life. Discussing solu-
tions together as a family will also help
them hone critical-thinking and problem-
solving skills at a younger age.

Given the myriad benefits tied to
family reflection time, I truly hope that
families adopt the tradition of having
not just year-end family quality time, but
also meaningful gatherings throughout
the year.

PARTING THOUGHTS

Children look up to their parents or
elders to set traditions and model strong
family values. Introducing these values
and traditions through reflection time
will add more depth and meaning, as we
can easily tie them to real situations and
experiences.

Therefore, honour the past year by cel-
ebrating your joys, mourning your losses
and shaking your hand at the wonder of
it all. Isn’t it amazing how another year
has passed? Let’s embrace the new year—
united as a family.

Here are some questions
to get you started as you
reflect together with your
family. Share your answers
together!

1. Pick three words to describe this past year.
2. What was the best thing that happened to you this past year?
3. What was the most challenging thing that happened to you?
4. What single achievement are you most proud of?
5. What was an unexpected joy this past year?
6. What was an unexpected obstacle that you faced?
7. What was the bravest thing you did this year?
8. What was your biggest personal change from January to December of this past year?
9. What new things did you discover about yourself?
10. What experience would you love to relive all over again?
11. Was there anything you did for the very first time in your life this past year?
12. What or who are you most thankful for?
13. What was your favourite thing we did as a family this year?
14. What was the best part about our family holiday?
15. Is there something we did as a family this year that you think you’ll remember for the rest of your life?
16. What is your favourite thing to do with the family?
17. What did you love most about being in our family this year?
18. What do you think was most challenging for our family this year?
19. Are there any funny memories of the family from 2015?
20. Was there anyone in the family who inspired or motivated you to do something this past year?
21. Pick three words to describe each of your family member’s year. Don’t ask, but try to
guess based on what you know about the past year.
22. How do you hope 2016 will be
different for you?
23. Create a phrase or statement that describes this past year
for you and your family.
24. What should be our New Year’s resolution as a family for 2016?
25. Now that you know each other’s reflections for 2015, what are your hopes for each family member this year?

Also next week

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We can help your business grow through advertising and advertisorials. For more information, please contact our business development adviser, Stephanie Ho at Stephanie.ho@leaderonomics.com or by calling her on +6012 3027 623.