



UNDER HIS WINGS

SEASON 3

EPISODE 35—Becoming

SHOW NOTE HIGHLIGHTS

Episode Show Notes

Do you know what the top 3 new year's resolutions are?

1. Exercise more
2. Lose weight
3. Save more money

Every year these go at the top of most people's lists. That's why the gyms are full every January! But research shows that a whopping 80% of January gym joiners quit within 5 months. There was a study conducted by researchers at the University of Scranton and they found that 23% of people quit their resolution after just one week, and only 19% of individuals are actually able to stick to their goals long term

President Gordon B Hinckley said, "It is not so much the major events as the small day-to-day decisions that map the course of our living...Our lives are, in reality, the sum total of our seemingly unimportant decisions and of our capacity to live by those decisions."

FIRST: Look back and remember. See how far you came this past year. Write down some things that you did well. Right down some percentages that you gained! What good have you already accomplished that you can build on this year?

SECOND: Recognize that you have weaknesses and that you're going to struggle and at times even fail but that is okay! Sometimes we learn more from our failures than we do from our successes. Failure does not define you but sometimes the lack of trying does. So just keep getting back up, keep trying. Don't let the fear of failing hold you back or keep you from setting goals in the first place.

From All In podcast #162 David Morgan said: "You're going to fail. And not only are you going to fail, but you're going to fail a lot and sometimes you're going to fail in a colossal fashion and that's okay. When you think about it from a gospel perspective, that's the whole point." Because when we fail, we see our need for a Savior. It gets us on our knees, it keeps us reaching and growing and that is the whole point of mortality right! To learn and grow through our successes and failures. Part of becoming better is recognizing where we struggle, where we are weak. We can start there by setting our intentions and goals.

THIRD: "Fill up your memory bank and your book of life with as many 'I'm glad I did' activities as you can possibly crowd into one lifetime, said Elder L. Tom Perry. "I come to you with a question about eternal memories you are building in your lives. Are they followed by the comment "I wish I had," or can you say, "I'm glad I did"? Growth Mindset vs Fixed Mindset. Geri shares her story about having a fixed mindset about her ability to draw, but now understands the growth mindset as she broke free from doubting her ability.

Picture of Geri's Painting:



FOURTH: Let God Prevail. Let Him come first. What are you going to do with each day? We sleep for 8 which leaves us 16 hours to live. How will you spend those hours? What intentions will you have? You can choose to have no intentions and then life just sort of happens. But what if you got up each morning and stated your intentions for the day? Will God prevail? Will your intention be to do His will? Or will life just keep passing with no thought.

Wise words from our Prophet Russel M. Nelson: "First, resolve to strengthen your spiritual foundation. This may involve setting a specific time and place to study the scriptures, praying more often, making temple worship a bigger priority, and letting God prevail in all aspects of your life.

Second, resolve to be kind to others. When the Savior Jesus Christ visited the Americas, as recorded in the Book of Mormon, one of the first things He taught was the need to eliminate contention in our lives. So, please be compassionate, be understanding, be slow to judge, and be quick to forgive.

Third, resolve to be resolute. The Lord loves effort. The Lord loves consistency. The Lord loves steadfastness. While we surely will come up short from time to time, our persistent efforts to hear Him and follow the inspiration He gives us will help us to "wax strong in the Spirit" (Mosiah 18:26). May God bless you, my dear friends, and may this be a wonderful year of purpose and possibilities for all of us. (Russel M. Nelson Facebook Post Jan. 2022)