

Twelve premises for a new year of fulfillment

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Salutations wishing you all the best for this new year 2022. The personal human development index hinges on whom people are, the choices they make and the opportunities that other persons and institutions present to them in life. In this sense, I take this opportunity to share with you twelve premises that could serve as guides to have a fuller and more integral development in the new year.

1) **Follow basic precautions for the management of infectious diseases such as COVID-19 and influenza.** This is to pay attention to your family doctor and to the scientific guidelines established by the country's health authorities such as vaccination, frequent hand washing, use of masks, social distancing of at least six feet, avoid crowds in closed spaces and monitor your health.

2) **Eat in a healthy way.** If something was alive and edible (plant or animal, then it is good). The idea is to eat well and balanced by eating foods that have fat, protein, carbohydrates, vitamins, minerals, and fiber. Small portions are the best choice. It is important to consume drinking water throughout the day. In this also follow the indications of practicing health professionals committed to science and approaches based on scientific evidence.

3) **Keep moving.** Your organism and the health professionals you consult can tell you the most proper way to keep moving. For example, if walking is possible, it is good exercise. At least 150 minutes of physical exercise per week makes a big difference. You will be able to increase, with constancy and discipline, until you reach the steps recommended by your health specialist. It is important that together with your doctor you develop an exercise plan that can translate into general wellbeing and psychological health.

4) **Rest and sleep as many hours as possible each day.** In an ideal world, you should work eight hours, play eight hours and rest eight hours. But the important thing is to keep this ideal in mind and so each week move in that direction. An adult person usually achieves rest by sleeping between 6-8 hours. Activity and recreation contribute to good rest. Rest every day, rest weekly and rest annually. Take more time to laugh and recreate your life in a healthy and dignified way. It is important to work and generate, but rest and leisure are also extremely beneficial.

5) **Use and exercise more of the faith you have in God.** The faith you have is enough. It is a matter of using it. To occupy yourself with things that transcend (to put a pause from time to time to our realities to concentrate on the needs of other people, is the essence of spirituality); it will allow you to grow in the spirit and will make your soul prosper. Make use of a faith that seeks science, a faith that seek to understand. That faith makes the difference.

6) **Maintain throughout the year a spirit of gratitude and generosity.** Simply, say more often, thank you very much. Share the kindnesses you receive from others. Even more so, with people whom you feel have the greatest unmet needs. Do this without aggravation and with a cheerful heart. Set aside time to volunteer your services in a good agency or for a cause that works for a better humanity. Give thanks to the good people who have helped you get where you are today.

7) **Say yes to new opportunities for growth and integral development.** Take the risk of getting out of the routine and, consequently, dare to say yes to new opportunities, because they rarely appear again. Get out of the garden of conformity. Read more. Read beyond the traditional and accustomed. Paddle a little deeper.

8) **Focus on the most important things,** which, in a special way, make the differences. Nurture close, trusting relationships with the people you know are your true allies. Try not to give too much credit to life's obstacles, which will surely rob you of the opportunity to live your life to the fullest. Be clear about your priorities.

9) **Pass each of your actions through the filter of love and justice.** Focus on activities that promote love and justice. This will encourage you to act in a more compassionate manner and, surely, you will be able to embrace a more forgiving spirit. Remember, practicing compassion for yourself and others will allow you to live freer of prejudice. Make an effort to increase your psychological flexibility.

10) **Consider your legacy.** It is important that you stop to think about what you can leave to the people who pass through your life. It is good to reflect on what you can do during your lifetime that will be of benefit to the people closest to you. In this sense, I can remember my mother talking about "paying attention to the trail we leave behind".

11) **Share your life with allies;** people who believe in you and care about your well-being. People of good and kind will. Avoid people who do harm and who suffocate dreams and truncate the potential of others. Be alert so as not to fall prey to people who oppress you and at the same time resist the temptation to dominate others.

12) **Strengthen your will power by exercising self-control in every aspect of your life.** Identify the vices (deficiencies and excesses) that can alter the existential balance you long for in life. Give space to thoughts and dreams of a better life. Regulate and make wise use of emotions in order to act with moderation. Handle with wisdom and determination the diseases of the soul such as bitterness, arrogance, desire for domination, corruption, and fanaticism. Do not skimp on working closely with health professionals who are committed to scientific rigor and whom you can trust for frank dialogue. Consulting with wise people can assist you in increasing your wisdom and thus decide well to have a good life.