

2012 Intentions from New Years Day Services

- Increase the peace within dark places.
- Increase Joy and Creative expression in my life and others.
- To express more joy and less cynicism.
- To meditate daily on the things in my life for which I am grateful.
- To be a greater creative and generative presence in the lives of others.
- Learn to be a better participant.
- I will attend the First UU Sunday Services at least once per month in person instead of just listening to the mp3's online. And I will stick around for coffee and fellowship.
- I will continue to enjoyably, effectively remind myself and others of helpful wisdom for well-being.
- Be more tolerant of differences in family members' actions and views.
- Treat my children with the respect and kindness I want them to expect and seek in all of their relationships.
- Continue meditation but more regularly; perhaps go back to keeping a journal.
- Honoring what I cannot recognize as self reflected in others.
- Relearn patience.
- To nurture my ability to be civil in in discourse and active and encourage others to do likewise.
- Spend a few more moments everyday to focus on what I positively may be grateful for.
- I am going to love myself!
- Forgive those who harm me
- Avoid making assumptions from unsupported hearsay.
- I will cultivate on attitude toward others (especially other drivers) that assumes they are intelligent, compassionate, and struggling, as am I.
- Listen to the life story of 3-8 new friends to learn something important to them.
- Not to be wounded by criticisms or negativity but rather to receive it graciously as new awareness on how to grow and become a better person.
- Be more appreciative of the actions of others.
- Be intentional with my deeds and needs; it is not about me; don't make assumptions.
- Do my best.

- I'm planning on joining body and spirit through yoga, dance, and music.
- I will reconnect with family members and form more friendships.
- I would like to learn to meditate and spend time each day in thinking of ways to help the unfortunate people in this world.
- To build and nurture life affirming connections and relationships.
- Cultivate moments of mind-full stillness.
- Mostly I will continue my behavior of recent years, with improvement in consideration for others.
- I will continue to cultivate my capacity for patience; I will choose to respond instead of react.
- I vow to live fully each moment of my life, to abide in love, to savor the magnificence of the universe, to serve the world as the world, self-aware, with love and compassion.
- Work to elect candidates whose values bend the universe toward justice.
- I pray for peace around the world.
- I will cultivate right speech; less harsh, more temperate with the people I love.
- Let go of the past; embrace the present; plan for the future.
- Practice daily prayer as a first step toward a more open relationship with the divine.
- I intend to play with a joyous soul, to share as much as I can, and to teach responsibility.
- Always consider the words of Forrest Church: "want what I have; be who I am; do what I can."
- Say "yes" to the universe.
- To meditate daily and banish my fears.
- Become more intentional about reflecting on my daily living and its support or block to my spiritual growth.
- To be present in the moment and open to the gifts it holds.
- I see how criticism diminishes me and those around me.
- I will address legitimate problems, concerns with the individual rather than criticizing about them to others.
- Try not to take my spouse for granted.
- Remember to give thanks for my many blessings.
- To become a more compassionate human being; this means being less critical of others among other more thoughtful ways of treating my fellow human beings.

- Provide comfort for those incarcerated and their families for no other reason than seeking a better life.
- Accept when my plans are unfulfilled or thwarted.
- Accept surprise, challenges, and new opportunities to do good.
- Accept that my capabilities are limited and rejoice in doing what I can.
- Accept difficult people in my life as an opportunity to do good and improve myself.
- Keep trying to become more compassionate through twelve steps especially in some family relationships.
- Seek the good in others and become more accepting of other's differences.
- Continue to exercise greater compassion towards those family members who have difficulty with making "positive choices."
- I want to treat all beings with loving kindness, using loving speech, affirming the best in each.
- I will balance kindness to others with kindness to myself.
- Be kind and loving to family, friends, and strangers.
- Listen intently; question intently; reflect intently; act and react with the knowledge collected.
- End each day by writing down the experience of that day for which I am most grateful.
- I will find happiness for the sake of my children's happiness.
- Learn about what "God" means to me; increase my spirituality.
- I will find the time and space to hear my own voice.
- More travel and wine-tasting.
- To open my heart to compassion for myself and my fellow human beings; to listen to their stories with open ears.
- Remember that everyone is whole, perfect, and complete.
- Meet those in my life where they are at without judgment.
- Open myself fully and without judgment to the opportunities of 2012.
- I will forgive myself and others for being flawed and imperfect and I will acknowledge and honor the holy within even the most flawed among us.
- Stop mentally criticizing other people because that is the same as saying it out loud.
- Letting go of anger toward our political and financial leaders, seeing them as misguided and ignorant, rather than evil.

- Express gratitude to others on a daily basis.
- I hope to cultivate more moments of silence to better ground myself in the present.
- To really look for my calling
- To mend my relationship with my brother.
- To teach my girl to meditate.
- I want to grow in patience and understanding for my husband who is getting older mentally and physically.
- I intend to live fully in the present moment.
- I will follow through on my long-time intention to help build houses through Habitat for Humanity.
- I will try to live and work being more mindful of the worth; beauty of all people; accepting and embracing more, judging and rejecting less.
- Continue working on improving access to healthcare
- Continue to work towards equal access to food.
- My children will begin to receive the proceeds of our family enterprise!
- Continue to seek truth and act in accordance with it.
- Act out of the joy that is my true being.
- To cultivate the divine within me by exploring the natural beauty in nature.
- To have my moment-to-moment existence be driven less by fear and sorrow, and more by love, peace, hope and gratitude.
- Read, absorb, practice developing a “Buddha brain” for peace, happiness, love, and harmony with my fellow man and my partner.
- To have more patience with others and with myself.
- Be more helpful and less selfish.
- Acting and living with conscience and honesty.
- Enjoying daily meditation.
- I will try not to pre-judge people especially those I do not truly know.
- To be present and aware of myself and my surroundings, so I can do my best not to let opportunities to do the right thing pass me by.
- Keep a daily journal being mindful of spiritual matters.

- Be less judgmental, open to new ideas.
- Play more music; read more fiction and poetry; allow for grace.
- I want to cultivate loving discipline in my spiritual and physical life.
- I want to spend more time in meditation and to practice more compassion.
- Be happy in the moment; go inside to find that happiness.
- To control addictive appetites.
- Listen more carefully to others. Really hear what they are saying. I would like to show my mom and dad that I'm not too busy for them and improve my communication skills.
- Explore being more of my authentic self and generate closer and more meaningful and deeper friendships with special people to enhance my love of life.
- 2012 is an election year . . . and I will present my views and values in a respectful way.
- To respond to all the negativity I see and feel in the world around me by transmuting it into a loving respect for all people's individual paths of growth, and patience for their progress, and a refocusing of attention on my own progress.
- Take five minutes every day to sit outside and observe nature.
- Worry less; let it go.
- Use my eyes for your sight; my tongue for your speech; my body for your action. Reminded that I am ever in your presence.
- Be aware of my daughter's boundaries and not push on them.
- Not just today, but everyday, I have my moral and ethical obligations in mind. A way of life.
- To be a more active participant in life; to listen to the voice of God from within and without; to respond to life's challenges in a mindful, helpful, loving manner.
- Try not to launch into giving advice; listen longer and better.
- Become a better, more productive; helpful person; a better husband and dad.
- To not let self-criticism prevent me from developing the gifts I have.
- I wish to nurture that part of me that is forgiving.
- Wish to grow in my ability to see things from another person's perspective.
- I have been moving toward Christianity for several years, Last year, I had a meaningful experience while on retreat at Prince of Peace Abbey; a turning point in many ways; build on that insight.
- Forgiving people and accepting love.

- Allowing myself to heal; nourishing relationships; being courageous.
- To take better care of my body – specifically to have some vegetables every day.
- Presence: In everything I do, each moment of my life – to be present, fully embodied to the wonderful gift of life, love/relationship. Presence in my family, with my friends, in my education/career as a therapist as to better serve the world.
- I intend to work on living a more compassionate life by participating more often in the social justice activities offered by First UU and the AARP Tax Aide program.
- Our bodies are miracles to be cherished.
- Welcome new faces into my life; meditate; contact at least one person "in need" each day.
- Be more affectionate to my spouse of 6 years.
- Sing more; write more (journal); See things in a pleasant light; give all people the respect they deserve; help the poor; spread cheer, love and hope.
- To continue to cultivate patience; the best results take so much longer than on wishes.
- Learned optimism; self forgiveness; trusting the future.
- Keep a spiritual journal.
- Don't get mad at my little brother when he annoys me.
- I will think more of other and feel them more.
- Unbridle the love within me.
- I will engage the youth at the start of their quest for truth and knowledge in freedom.
- To be more grateful. Focus on forgiveness; do not blame myself or others.
- Become more proactive in greeting Sunday visitors I don't know.
- I will seek justice with positive intentions and actions; letting go of past anger.
- I will nurture positive relationships.
- Be a friend to a bisexual person.
- I will perform to my full potential, act with integrity, continue to learn and grow, and treat others with dignity.
- Volunteer more often.
- Waste less time.
- Sing more.

- Have intention toward: grace, clarity, health, healing, empowerment, a long loving life, acceptance, service, and meaningful connections.
- Try to be a more loving, generous mom.
- To bite my tongue when advice/commentary is not asked for nor appreciated.
- Remind my son of our high expectations of him as he enters into adolescence; remind him that his dad and I stand by to help him achieve his goals.
- I intend to reach out to others rather than wait for them to make the first move.
- I will sign up to read another class of Children for Rolling Readers.
- I will try to make the world a peaceful place.
- To approach the world around me from a mind filled with compassion, not judgment.
- Think all positive thoughts – about self and others.
- To be positive in my thinking; to do what I need to do in the most positive way; to “be” each day.
- I will center my thinking in loving kindness; even when listening to those with different political views.
- Be a better person; start acts of kindness.
- To work on letting my true self show on the outside; without fear of judgment, so I can better share my gifts with the world.
- Do the one thing I can do each day to be more compassionate and to help another person.
- Continue practicing gratitude; thank someone each day.
- To pull my inner being out to be shared and enjoyed rather than keep it buried within.
- I will actively look for work and get up every morning and get out of the house and search at job center of coffee shop so I won’t get distracted like I do at home.
- To get a good (steady) job to pay my medical bills from an accident I didn’t cause but the other person couldn’t pay either.
- Keep a journal; write down New Years Resolutions in several areas of my life – home, family, relationships, career, finances, health, taking time out for myself.
- Complete what I have started.
- Spend more time “just being” so I can hear spirit and send speech and feel their presence working in and through me.
- Daily journal; my connection to spirit and my soul.
- To grow through joy and love; heal my relationship with my son.

- To treat everyone with kindness and gentleness.
- Let go more of the past to free up time and attention for the present with clarity.
- To inspire myself and others to be more positive and healthy inside and out.
- Embrace change and look for the silver lining in every dark cloud.
- I intend to continue in self-discovery; become more loving.
- Express gratitude and thankfulness not in generalities but in specifics to individuals.
- Stop taking blame for family relationships that are not admirable.
- Be more joyful; be in the moment.
- I will work to increase my compassion.
- Act and fulfill the “Prayer of St. Francis” – may I be this intention.
- I intend to keep my room clean, do well on finals, get a 4.0 GPA, and not be a “derp” at inappropriate moments.
- Focus more on action, less on cycles of analysis, planning, and feeling caught in the “I can’t do this, until I do that, so how can I ever move forward?”
- I would like to support others in need this year.
- I intend to volunteer at San Diego Hospice to put this plan into effect.
- Make Bard Hall one of the finest facilities in San Diego.
- Strengthen my personal relationships within our Church.
- I would like to better manage my anxieties and continue to learn to let go of control in order to lead a happier, fuller life in 2012.
- To speak my heart in love, to speak the truth in love; to let go of resentment and hurt.
- To do my very best and to spend time strengthening relationships.
- I will complete our family story for my sons to share.
- I will look into volunteering at some agency that helps the military, illiterate, or immigrants.
- Daily reflections on the gift of my life, of having a life to live.
- To be present in the now with the people that matter to me with my community.
- I plan to start volunteering as a literacy tutor to adults or children with limited or no reading skills,
- I want to be more accepting, less judgmental.

- Be less critical of others, encourage compassion and charity; be less fearful.
- I want to spend fifteen minutes each day in reflection – to increase my awareness of growing my soul.
- To be more compassionate to others and myself.
- To be less critical in my thoughts of others.
- I will take time to connect with all that is holy in others.
- Work hard in school to join the group that exonerates wrongfully convicted people from prison.
- Volunteer more; either through school or Church.
- Live more out of the joy that is my true being. I will go to the gym every day, so that I can beautify myself within, and my outlook on life.
- Express anger fairly and less often; express compassion openly, fully, and more often.
- Negative thinking isn't helpful to me or others.
- Become closer to my children; have them realize my faith in UU; visit them at their homes.
- To be more open with positive suggestions and comments thus helping other experiencing challenging times.
- Develop a meditation practice by trying different types of meditation and finding one that works for me, including walking meditation.
- Develop daily meditation times in the evening to increase inner peace.
- I want to continue my journey to becoming a more compassionate person.
- I want to work one being mindful so that my actions, words, and attitudes become clear and intentional at all moments (not automatic); meditation and journaling can be my plan of action.
- To be more open-minded, less fearful and more at ease with life's journey. To step more fully into my divine potential and to cultivate trust, love, and possibility in myself and my relationships.
- To help bring together many different people to work together for social justice, human rights for all, forming strong, enduring, self-renewing connections.
- Meditate daily in the morning for at least fifteen minutes.
- To develop a consistent and meaningful mindful meditation practice. Attend an eight-week course on the Art and Practice of Meditation.
- Develop a meaningful spiritual practice – maybe learn to meditate.
- Turn off the radio to allow my own thoughts to grow and be able to listen.
- I want to be the most loving, compassionate, and generous person as I can be – in all areas of my life.

- Reflect, meditate, focus, do best.
- To be a more inviting person to others and strangers.
- Increase my ability to be compassionate and loving and to release the need to judge others in a negative way.
- I want this new year to be about strengthening my identity/ sense of being okay with who I am; however it may differ from my parent's and family's traditional beliefs. I know that in my growth is truth and meaning.
- I want to work on being more respectful to others by arriving on-time to things.
- I will communicate economic justice and income fairness that occupy San Diego encourages. I will help advance clean elections in California.
- I will help pass laws regulating who and how much corporate money can be spent on elections. I will encourage people around me who have lost their jobs and/or homes.
- I plan to include a daily spiritual meditation exploring friendship.
- Grow in mindfulness be more skilled in thought, speech, and action.
- I will explore ways to share Universalism with others.
- More time will be given to the Caregivers Network.
- I intend to call visitors and welcome them back and answer questions; also I will continue helping in Youth Church.
- Play with friends.
- I want to climb Half Dome.
- Play more music and football because it makes me happy.
- Play more football so I can help take out my anger.
- I will refer to construction paper as "paper of color."
- I will give my first cookies to my parents.
- Give encouragement.
- Show better sportsmanship, not hit my brother, come to church more.
- I want to meet Justin Bieber.
- Make more friends and inquire if any would like to visit our church.
- Be nice to other people and help other people.

- To keep myself healthy in order to help this inspiring UU Community flourish; to support my children in their quest for happiness and work; to continue my volunteerism in ways that are helpful.
- I will place my Menorah on the same table as my Christmas Tree.
- Continue helping at Uptown Faith Community Services Center; find out about preventing child prostitution; study; paint; listen; co-facilitate.
- Get out of my comfort zone with people.