



## ORGANIZATION HIGHLIGHTS

### Sisters With Purpose

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Email:

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Website:

<https://sisterswithpurpose.net>

### NYC Well

### Mental/Behavioral

### Health Services

Tel: (888) NYC-WELL

Website:

<https://nycwell.cityofnewyork.us/en/>

### Brooklyn Neighborhood Services

Tel: (718) 919-2100

Email: [info@bnsdc.org](mailto:info@bnsdc.org)

Website:

<https://bnsdc.org>

# COMMUNITY NEWSLETTER

## NEW YEAR, NEW BEGINNINGS



BY ASHLEY GOVAN

Each year, millions of people around the globe make New Year resolutions for the betterment of themselves and/or their loved ones. Of course, these goals are always set with the best intentions and most are pretty common - to lose weight/get healthier, spend more time with family, travel more, etc. However, statistics show that almost one out of four individuals will quit within the first week of setting their New Year's resolution. In fact, only about 9% of people maintain their resolutions.

Some might say this is due to the time in which we welcome a new year; in the winter season. Creating new goals and ambitions mid-winter simply does not mimic nature. And although those statistics may seem unhelpful, there are tips that can help keep you on track to achieving your new aspirations.

Firstly, make sure that your resolutions are realistic; something you know you are capable of accomplishing. Make a plan; set your intentions well before the New Year and plan your execution for the months ahead. Create tools for when temptations or old habits begin to show up; this could include making sticky-notes of positive talk or speaking to a friend to hold you accountable. Also, know that slip-ups happen and it isn't a reason to beat yourself up. Reward yourself at times; treat yourself to something you enjoy that doesn't contradict your resolution. Remember, be kind to yourself in your process; stick to it and don't give up.





## COMMUNITY HIGHLIGHT- KHAJA JOHNSON - LIFE COACH, CREATIVE DIRECTOR

### *Tell us about yourself:*

I am a lover of soulful moments and life. I find that we get closer to more heartfelt moments the more that we are actually living. I find that we are actually living more when we realize things that matter most to us and cherish them. I realize we cherish things more when we can see things clearly. I realize we can see things clearly when we accept our whole selves and work hard to love ourselves and be our highest version of self. I realize that this journey of discovery I value in myself and others through understanding our paths of light. I understand that I am light, as many others, and I love to eat food, travel, enjoy experiences, honor love, cherish relationships, and choose happiness while I live and cultivate my light. I acknowledge that unconditional love will save the world and I try to embody this concept as best I can always. This is me.

### *Three adjectives that describe you:*

I am resilient, relentless, and radiant. The 3 "R"s. Many moments prove these adjectives within myself and so I accept them willingly.

### *What's an accomplishment you're proud of:*

I will always refer to my move to New York as one of the accomplishments I'm most proud of. Of course I've made much progress throughout my creative careers, however, my move truly left an imprint on me.

I learned how to make rapid adjustments in new locations with opposite everything (weather, transportation, modes of connection, ways of life overall). I fell in love with the authenticity of many cultures and truths, and have chosen friends and family that I wouldn't give up for the world. As I've said before, traveling and setting root in a new place can be trying on the mental, emotional, and physical of a person. Yet, if it feels right and you dedicate yourself to success in your way you learn/ sharpen the necessary skills, and shock yourself with the impact that you may have on yourself and others.

### *In your words, what makes a strong community?*

Love! The sincere and genuine love for one another regardless of backgrounds, experiences, or upbringing makes a world of a difference. When we love and accept ourselves and one another with honest care, a need for collective upliftment, and multiple individual successes, we all win.

Adopting a "your success is my success" mentality opens space for vulnerability, healing, and communication, revealing paths for a significant amount of many to thrive. These components lead to community success by way of stronger community ties in multiple facets of life. I support cultivating more of this.



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