Choose one question:

**RHETORICAL QUESTION (1)**: How many of you made a New Year’s resolution?  And if you did, how did it make you feel?  Are you on track with this resolution? Do you know what your light is?  Or your core feelings?  How do you even identify your core feelings?

**RHETORICAL QUESTIONS (2)**- What is in your mind?  Are you thinking positive thoughts?  If so, how are they helping with your reality?  Or if you are thinking negative things about yourself, how do these create your reality?

The classmate response:

          We all know the saying 'new year new me', but not many of us stick through with our newly inspired commitments. I sure jumped on the bandwagon to make a New Year resolution which was to be at the gym 3-4 times a week, and keep up with my homework in my planner. Having these set goals for the next 12 months seemed at first overwhelming, but eventually made me feel like I was on top and in charge of my life as well as my actions. Keeping up with the resolution takes time to create such a pattern and habit but with more commitment put into it, the greater the results will be overall! At the start of the semester, it was manageable to keep up with going to the gym in-between classes; I was feeling great, burning calories, drinking more water and in general just so much happier with my life. In addition, my planner was color coded for each class, well organized and it helped me to stay on top of every assignment and exam. Then, as the semester began to kick into gear even quicker, I began to lose time to go workout because I had to make the decision in putting extra time towards homework and studying. So, as usual, one of the resolutions did not last very long although the second one is still going strong. I have managed to keep up with staying on task with my planner, a choice I made, because I had the desire to ensure I am not over stressed this semester.

          At the moment, I definitely do not know what my light it or how far it take me till it dies down but I do have some core feelings. As LaPorte reminds us, "grounded in our core desired feelings, we act from creative (rather than reactive) energy" (p. 39). Let me tell you all of my creative energy! growing up I always enjoyed art, crafts, and anything with crayons. Previously known as a member of the National Art Honor Society, I had 7 pieces in an art show titled *The Seven Deadly Sins*; my creativity allows for me to express my core feelings. Fast forwarding to present time, I am a cheerleading coach and with that, I am the one who creates the teams routines. A two minute and thirty second routine with multiple visuals, ripples, and parts where each athlete has an individual motion. Maybe I do not know what my light is because possibly my light has been fueled by my creative energy?