

## AAW President's Message

### RESOLVE – Top 7 Resolutions for 2022

Quick, name your new year's resolution!

If you asked me to do that at Christmas time, I would have probably filled in something standard like, "lose seven pounds and keep them off," as I wiped crumbs from the last bite of grandma's secret recipe for chocolate delight.

In today's media cycle, January 1<sup>st</sup> already seems like a full year ago, rather than a few weeks. So how many people remember, let alone act on their resolutions made with good intentions? I do not know the stats but estimate them to be low.

However, I love the root word, RESOLVE. It is THE quality that makes things durable. This RESOLVE is not sheer will power. It is a combination of perspective, will, and practiced behavior involving discipline of ourselves that leads to the change we *said* we want. It also implies stewardship over time of the changes we wished to see or to make or to experience.

The word embodies my Top 7 Resolutions –

1. Relevant – to be capable of dealing with (responding and creating) reality, no matter how messy or chaotic or breathtaking it can be.
2. Effective – to hone skills that enable results.
3. Spirited – to anticipate and practice seeing many (far more than 2) points of view of the world and its issues.
4. Organized – to gather and assemble information and resources in a way that they can be used efficiently and to their best purpose.
5. Loving – to show respect and kindness with humility and patience toward everyone. (Confession – patience is the most challenging aspect of everything on this list).
6. Vital – to discern between substance and noise, between the right course of action and the 'right now' sense of urgency.
7. Energized – to optimize physical, mental, financial and spiritual health.

RESOLVE.

In American Agri-Women, it's a term we've used in our courtesy resolutions and in our policy statements...Whereas our organization is created to unite women in agriculture, therefore be it resolved that we create opportunities for their education, networking, leadership development and advocacy efforts.

For my part, I resolve to deliver on these resolutions to the best of my ability and look forward to working with members who share similar RESOLVE in the coming year.

Sincerely,  
*Heather Hampton+Knodle, President  
American Agri-Women*

