**Kindling Change:**

**The Chanukah Effect on New Years' Resolutions**



**#1**

**Why Most New Year's Resolutions Fail**

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Researchers suggest that only 9% of Americans that make resolutions complete them. In fact, research goes on to show that 23% of people quit their resolution by the end of the first week, and 43% quit by the end of January.

**#2**

**WATCH Domino Chain Reaction (geometric growth in action), Stephen Morris, (Oct 4, 2009), YouTube** <https://m.youtube.com/watch?v=y97rBdSYbkg>

**Questions:**

 • What lessons can you learn from this video for your life?

 • Can you think of a goal that seems overwhelming at first but might become achievable if broken into small, manageable steps?

**MY GOAL:**

 • Take a few minutes to break it into small steps. How do you feel now about your big, ambitious goal?

**STEPS TO GET TO MY GOAL:**

 • How do you stay motivated when you don’t achieve your goal immediately and it takes a long time, especially when early results are not yet visible?

**#3**

**Pirkei Avos (Ethics of the Fathers) 4:2**

*Rabbi Ben Azzai says: “Run to perform a minor mitzvah as you would a major one, and flee from sin. For one mitzvah leads to another mitzvah, and one transgression leads to another transgression...”*

**Question**: How do you see this principle playing out in your own life? Can you think of an instance where one small good or bad deed led to something much larger or more significant?

**#4**

**The Lighting of the Chanukah Menorah**

Each night during Chanukah, we light one additional candle, starting with one and adding another each night, until we have eight. This gradual increase in light symbolizes the power of incremental growth.

**Question**: How can the idea of gradually increasing light each night inspire you to take small, consistent steps toward bringing more positivity and growth into your own life?