

Age	Gender	Race	Answer
	M		I am being better to my mother. In doing my best to be good to her, I am forced to heal angry aspects of myself so that she and I may be able to move on and work together to resolve an unpleasant conflict with our neighbors. Perhaps after this, or because of this, we can be more useful to a larger world. I believe that everything starts at home, however you might define this. If we cannot resolve conflicts and grow in our own worlds, how will any larger world ever change?
56	F	White	Trying not to be so hard on myself. Making time for friends vs. making art. Walking three miles a day and practicing a gratitude chant.
49	F	White	I'm working toward more of a "do it now" strategy. I've been overwhelmed by the sheer amount of information that bombards me every day; combined with my "To Do" list, it can be a demoralizing combination that leads to perennially feeling "behind." I'm trying to prioritize and then respond more quickly to the things I need to address.
22	M	Korean-American	One thing I'm doing to change my life is I've started going to the gym again on a regular basis. I missed the benefits of being physically active from I used to play sports; i.e. more stamina, more flexibility, more energy, etc. Another thing is that I realized I still don't know what I want to do with my life, so I've decided to explore as many options as possible. Right now, I'm working for the U.S. Department of Commerce, but I'm also studying the LSATs to go to law school soon. I just want to keep expanding my horizons until I find a life-long goal in life.
40	F	White	One thing to change life: Keep work day closer to eight hours.
60	F	Spanish	As Yoko said, I hope its a good year, a year without fear. The plan: Continue to make decisions not based on fear.
21	F	white	I am trying to educate myself about what is going on around the world. When I gather this knowledge, no matter how tragic it is, I feel a sense of ease, because I know what is out there and what is happening to my fellow humans.

59	M		As I ran today, I decided to use this last year of my 50s to do a few things I have never done before: run a half marathon, take a trip to India, read a book for one hour a day (magazines and newspapers do not count), travel to Kripalu for a yoga/meditation workshop, or compost (my husband's idea).
42	F	White	This year, the one thing I am doing to make a change in my life is working on worrying less about my toddler, and just enjoying her more. I believe that this will change the amount of sleep I get, the number of smiles I produce, and the heights to which she can fly.
	F		I don't fly. I haven't flown since 2006. This is huge and very inconvenient professionally and personally. I have solved it by working virtually with webcams, desktop sharing, and other electronic means.
28	M	White	The one thing I am doing to make change in my life: Under one umbrella: Make less of a footprint in my consumption (gas, food, garbage, power). This leads to a fortification of my own personal health (physical/mental) and benefits everyone around me. In two words, "tread lightly."
48	F	White	Every morning, before my feet touch the bedroom floor, I say, "I'm thankful for my life." Every evening, before nodding off to sleep, my husband and I say to one another, "All's well in our world." No matter what the day holds or the way events have unfolded, it is a reminder of that which I can control: my attitude.
51	M	White	Find a balance between internal and external interests and needs. Incorporate the fundamental principles and practices of art into all facets of my life and interactions with others. Be patient. Change happens only by the will of the group and the motivations of its individual members.
52	F		Listening closely and asking better questions.
61	F	White	Trusting the unknown. Being willing to "not know."

70	F	White	My big change this year is that I am moving to a new home in California. I am moving from an industrial space in Philadelphia, where I have been living for the past twenty-two years, to an isolated small house in the middle of big trees, with many birds and a small creek. I have converted the stable/garage into a wonderful art studio. Any renovations that I will be doing will be consciously incorporate ecological, energy-efficient appliances and materials when possible. I look forward to living closer to nature and learning from that experience.
22	F	White	One thing that I am doing to make a change in my life is spending time with friends and family. Much of my work deals with helping others and enacting change through art, and as rewarding as that might sound, I have forgotten a lot of loved ones that have impacted my life in the process. My goal now is not to forget to allow time in my busy schedule to spend with those I love and cherish.
52	F	White	One thing I am working on this year is to become better at "public speaking." This is an area about which I have great fears only when I am elevated on a stage. In pushing myself to be better at this task, I have decided to develop a Toastmasters Club for the College and the surrounding area and students if they are interested. This program will allow others like me to develop better public speaking skills and learn how to overcome the fears. This is a scary step for me, as I am stepping into a very uncomfortable area that I know I need to become less fearful of. I hope that this opportunity for me and others will open many doors for future growth.
21	F	White	To make a change in my life, I am going to college to get my BFA and working a part-time job. With my degree, I will be able to achieve my career goals, and hopefully be able to make my contribution to art in our society. With my part-time job, working with 2 to 4-year-olds at a nursery school, I am not only making my daily life happier and less self-centered, but I am also encouraging positive growth in children, who are our future.

	F		<p>The question you wrote seems quite different from the question implied in your explanation in the attachment. That is, "What are you doing to make a change in your life" as opposed to "what are you doing to make a change."</p> <p>I relate to the second question better ... I am just trying to make a change. I've been working hard for quite a long time to bring a little joy and laughter into the lives of children, teens, adults in some of the most deprived places in the world--many of them in the midst of war or post-conflict. Working with rural women in northern India, or with girls in Afghanistan, or street kids in Calcutta, or refugees in Pakistan--this all gives me tremendous joy and does seem to make a change in their lives, sometimes for just a moment, but more often for a long while after. I have met children years later who told me that I (or we ... I include my colleagues) changed their life forever. Probably teachers have that glorious opportunity all the time. It's just very dramatic in places where people have nothing. Sooo ... What am I doing to make a change in my life?</p>
67	F	White	I have determined to try to meditate each day.
29	F	White	I am academically preparing myself to enter graduate school. (And loving every minute of it!)
42	M	White	Since grade school, I have imagined dreams and ambitions. Life has evolved, and many ambitions remain so. In 2008, I am pursuing those dreams, with specific action plans, instead of thinking about them.
53	F	White	I'm going to try to make every encounter I have with others (even rude strangers--most challenging of all, which makes this such a cool exercise!) positive, or at the very least, not negative. Imagine the ripple effect in the sea of humanity of someone cutting me off on the way to work and my responding to them with, instead of a curse, a blessing for whatever it is they might need. A quiet revolution that starts with me, is the way I will think of it. And yes, this is motivated by self-interest--a desire for lower blood pressure and a more pleasant world.
32	F	White	I am consciously seeking and trusting the divine within myself. In doing so, I will heal myself, burst with creativity, rise above fear, and connect with the world.

	F		I pick up trash. It's overwhelming even paralyzing at times. But I pick it up. People are disgusted of the state of my car with its McDonald cups, cans, bottles, paper, and chip bags. A stranger stopped me one day and asked, "Don't you think that you are wasting your time?" "NO, I don't." I learned it from my mother. I teach it to my daughter. I feel guilty if I can't get it all. I feel ashamed that others don't pick up. I walked through a park the other day with about fifteen people. I walked in the back taking photographs. Every last one of the persons in the group stepped over the trash and kept walking. Think of me next time you choose not to keep walking.
35	F	Black	I have registered to go back to school and finish my undergraduate degree. I joined a dance class to work on weight and keep me active.
61	F	White	I am setting aside more time to spend with spouse, family, and friends. Doing more yoga and staying connected to art and music. Summer gardening and travel complete the goals.
50	F	White	I will not jump to conclusions I changed sides; from now on, I will wear my hair bling on the left side, rather than the left!
44	F	White	Read the <i>New York Times</i> headlines online each work day before I read any of the other too much e-mail in my box. Saving the best for last means I never get to it, so I'm going to try eating dessert first!
73	F	European	My life pleases me greatly right now. I seek to keep it as is for the time being.
33	M	White	Becoming a novice again.
23	F	White	Getting to know my students.

49	F	Jewish	<p>The areas of change for myself and our household and quite humble and likely common to many in our community. Change here is not likely to make for good journalistic material. I am always trying to behave in a positive and calm manner to provide a civil and humane behavior model for my family. I hope in turn that when my family is out in the community, they are making a positive contribution to society through civil behavior. This may not seem like much, but it is a worthwhile goal for us.</p> <p>We are concerned about our contribution to environmental problems and are making adjustments to our energy consumption and water use. We are changing our heating and cooling system this year to a more energy-efficient system (geo-thermal) and patronizing the farmers' markets to support local businesses and reduce the carbon footprint of food we eat.</p> <p>And of course, I am always trying to swim as much as I can, solely for how wonderful it makes me feel when I glide through the water!</p> <p>These changes are extremely gradual and incremental and not a "New Year's Resolution."</p>
40	F	White	Having recently had my first child and quitting my job, I've been finding ways to meet new people that are also home with their children. It's been a necessary change to find companions for these days and this new journey.
44	M	White	Actually staying away from work while on vacation. So far so good.
31	F	White	I am changing my attitude towards what appears to be complex.
24	M	White	To make change in my life, I am trying to listen to what other people want or need. It is easy for me to hear someone and immediately see what I <i>think</i> would be good for those I am, interacting, or working with, but too often can result in a quick, superficial response to what the individuals I am interacting with are really asking from me. By actively listening, I am hoping to find out how I can really serve them and in turn find my appropriate place in the situation or relationship.
41	F	White	Finding a place of peace at all times is my main focus at the moment. I've been picturing myself as a peaceful pool of water. When something disturbs the pool, I picture the ripples settling and returning back to its still state.

38	F	White	I plan to cultivate the spiritual side of my life. I plan to read my Bible more, and to participate more fully in religious celebration and worship, and to pray more often. Next month I will be a two-year cancer survivor. Cancer taught me that in life there are no guarantees, and that in order live life fully one has to figure out how to deal with fear. I chose to give my fear up to a higher power, and it worked!
59	F	White	Only one thing? Taking yoga twice a week and committing to a daily practice Finding more effective ways to support the community of dancers and choreographers in Boston Thinking consciously about my legacy--particularly in relation to my children Planning to take a sabbatical from my work in honor of my 60th birthday and travel to national parks not yet visited
31	F	White	In considering this question, before I even read your explanation, I realized that change for me always means an increased attention to/awareness of myself and, more likely than not, a new resolution to care for myself better. This may mean physical health, re-focusing of life goals, but more often attention to my emotional well-being.
41	F	White	I am drawing to change my life. Drawing music, specifically--creating line, shape, and form from sound. Drawing to connect to my senses more fully: to learn, to grow, to see anew, and to hear more fully.
	F		Spending nights and weekends swimming through the deep waters of dreams and imaginings, sewing and drawing and humming. In my job-job-job, I work with young people to effect positive social change through art and civic engagement, yet I find myself (selfishly?) wanting to immerse myself in purely creative, non-verbal pursuits. Dance, movement, sound, performance, shadows, images, narratives. I am hoping to make change in my life by constantly reminding myself of how narrowly we conceive of "how to be" in this world.
25	F	White	I am working to not take "things" personally. People react in different ways because of who they are (positive or negative), not because of who I am. I carry the power to be who I want to be. I am working to live for today, challenging myself to continue to achieve more.

58	F	White	I am focusing on how I spend my time, who gets it, and what the effects are of my time investments outside my personal needs. In simpler terms, I am being more selective with my time. I am likely moving toward less generosity to the world and more generosity to myself and a closer sphere of people. I believe in the end, the world will not suffer for this reduction of my efforts, but my personal sphere will be enhanced, which will surely spill over to the outside world.
63	F	White	I will work to be careful of the impact of my decisions in the effect they have on me--my time, health, family and well-being. I will try to live a more deliberate life.
56	M	South Mediterranean	I'm being more consciously responsive to the people and things around me.
44	M	White	I'm trying hard to discover whether or not art can really matter in people's everyday lives--not in the sense of art being (in the Matisse-ean terms) the equivalent of a comfortable sofa chair after a hard day at the job, but rather as really, fundamentally mattering. Is Beuys' idea of "Everyone an Artist" just a theory, or a reality? And if a reality, what does that look like, and how can that reality be leveraged to lift lives and increase our collective sense of how large the world is and all it has to offer? So, I'm working sixty to eighty hours week-in and week-out trying to discover the answer to this question, and what I am learning and discovering is influencing and changing my life all the time as I uncover the limits and potentials of art.
35	F	White	Well, right now I write to you from India. My life is devoted to service in so many ways and my own well-being is often low on the list of priorities. I decided to come to India to learn about having a spiritual life, to learn how to be more balanced in what I do. India is probably the dirtiest and most unhealthy place I have ever been, and yet people live and breathe religion. Part of what I am learning here is that there is no division between healthy and unhealthy ... there are no mistakes, only more steps on the path. The lesson for me is to let go of the goal and to be in the journey.
57	F	White	i have established a daily meditation practice.
38	F	White	Delegate more to empower others and work less!

55	F	White	I recently sold the place I lived and moved into a rental space. I decided I wanted to own less real estate and fewer things so I could be more mobile and simply lighter.
	F		One of the changes I am making is traveling to Cleveland one weekend a month to see her and to share the responsibility for her care. It seems to be a meaningful gesture towards my siblings, as well as to Mom. Another is to expand my private practice to include "parent coordination," the mediation I trained in part for in Baltimore last year.
	F		I'm making sure I'm in surroundings that smell good.
52	F	White	to be more grateful for what I still have
52	F	White	I am simplifying my life by getting rid of stuff and organizing what I decide to keep. I am trying to be more loving toward my husband. More often than for the past three decades, I am claiming authorship of the things I produce.
47	M	White	Getting beyond the paralysis-through-analysis conundrum. I'm following the advice in a do-it-yourself book on efficient time-management techniques and starting a project based on procrastination.
35	M	White	I am going to get back into the gym to extend my life and be fit for our new son, so we can go hiking once again without feeling out of shape!
61	F	White	I make interpretive panels that get installed in parks and preserves throughout California. These educational panels and other interpretive materials encourage visitors to think about how they are connected to the wildlife in the natural area and to consider ways to be better stewards of the earth.
24	F	American Indian	One thing I'm doing to make a change: I'm changing the way I eat and exercise so that I can be more healthy and feel better about my body.

20	F	American (European Mutt)	<p>I suppose at 20, the one thing I'm proactively doing to change my current situation is learning. I don't feel that I understand the world enough yet, and in some ways I feel very much like a stranger to myself. I feel very ignorant of the ways the world works, and why things have become the way they are. I feel awkward around other people. I wish to change that, and I wish to grow. I'm looking for answers in books, right now. I was underestimated in school, and in the circle of friends I had once, and I think I've always wanted to prove them wrong. I didn't consider myself anything special and I simply "just was." I've felt that way, until I decided to do something.</p> <p>Now, I've learned to do things, to experience things. I feel more and more comfortable with the world, with others, and myself. I guess this is why I keep throwing myself into new situations. I think I am so deeply determined to learn, to experience, so no one (myself included) will be able to make me feel like a "just was" ever again.</p>
66	M	White	<p>I am an artist and, at 66 years old, there is no change for me. It is to continue and go on, create art, meet new challenges (every time with a new piece of art) and make something that was never thought of or done before. I maintain my high sensitivity and awareness to what I learned before and what others have done in related works of art. There is no time to stop.</p>
59	M	White	<p>I am trying to be kind to myself, to un-learn some old lessons that probably never served me that well. Remember to have fun right where you are.</p> <p>Speaking of self interest, it seems to be in my interest to live in a world that is a kind and supportive as possible, where we strive to nurture each other rather than compete with each other. Part of changing ourselves comes from honestly trying to change the world--just acknowledging the world will change and that we might as well try to steer it a little is good for our personal lives.</p>
			<p>The one things I'm doing in my life is to prioritize my long-term life goals. I would like to focus more on family instead of self, because I'm no longer alone in this life.</p>

36	F	Human	The thing I am doing to make change in my life is to look for the opportunities to make a difference to someone else. As an artist, my skills are enveloped in creative endeavors. I try to include other people in the artistic process as much as possible. I feel that an artwork that has had many hands of many different people has much more meaning to me than an artwork created by myself in a studio. When I am creating an artwork alone, I try to think about ways I can make that work accessible to as many individuals as possible and hopefully inspire them or touch them in some way.
65	F	White	I am sorting through the physical "stuff" that fills my home, eliminating everything that has become just baggage and giving everything that has meaning special treatment.
51	M	White	Implementing the "you reap what you sow" method of living
	F		Change: I moved from Maryland to Seattle with my partner so that he could go to school.
			<p>The question is ambiguous:</p> <p>In the context of the New year, does it mean to change your life? In a more general context, does it mean to impact on other's lives and our environment during our life time?</p> <p>The question of change linked to the New Year is not explored. Why do people ask themselves this question at that moment? Is change only a question a will? How does one go about "change"? Is it a personal decision? Why "change"? What expectations, unrealized dreams motivate the desire to change?</p> <p>(...)</p>
40ish	F	White	I have decided to open myself to the possibility of romantic love after shutting that out of my life for decades. That would be an amazing change for me. I have been feeling as if I have been living half of a life.

67	M	White	Now that the demands of work are becoming less rigorous and apparently wealth and fame are not in my future, I'm reading more. Will reading change my life at this late date? Maybe, maybe not. But whatever the outcome, it beats working.
56	M	White	I think that "self interest" is over-rated in America. It is the main strategy of the elites for co-opting the opinions of the working class. My goal for a long time has been to try to show people that we are all parts of various systems and have very little that can be called a "self." In social psychology, one only gains knowledge of oneself through interaction with others. I see how I respond when others address me. I think compassion is the strongest and most elemental emotion that humans have; of course, people's emotions can be trained and that is what propaganda does. The discourse of "self-interest" is part of this training. Adam Smith in <i>The Wealth of Nations</i> --a book hailed by the capitalists as the bible of capitalistic self-interest--actually says that compassion controls the marketplace and self-interest only secondarily. Left to natural human instincts, compassion wins all the time. Compassion is the heart of communities and organizations. It is compassion that drives change rather than self-interest, but it is also true that one's self-interest is involved in compassion because
	M		I'm trying to give myself more time to strengthen longstanding relationships and build new ones with people who I have just met or would like to meet. Our careers take a great deal of our time, and for me, that is a rich part of my life, but not one that I want to allow to exclude all others. I am deeply engaged emotionally and spiritually by time I spend with others. Further, I believe that our most significant exposure to new ideas and other ways of thinking is through the relationships we build. I believe that our willingness to maintain relationships among those with differing points of view is the key to the survival of our species.
35	M	White	I am looking for ways to improve my strategic approach to work. This involves identifying goals and objectives and then continually watching for opportunities to use relationships and my own current experiences to improve my (and my firm's) opportunity to do meaningful work in the future.
			Trying to be honest in communicating my needs and wishes ... both to myself and to others ... so I can feel free to let go of the need to control everything in my life, and the stress that accompanies that attitude towards the world, as well as the disappointment that always results when energy is directed to non-priorities while true, inner priorities are neglected.

48	F	White	
34	M	Black	my one thing is learning to say NO ...
			It's time for me to quit my job! I realize that: 1) It's not the job or the culture that I left 2) The work itself is not so satisfying I am looking around for my dream job that would allow me to do design for non-profits.
47	F	Black	Talk to God more.
27	F	White	I'm giving more time and attention to my marriage and home life! I've sketched out a plan to decrease my volunteer/charitable commitments, and I've started making bargains with my husband. It sounds trivial, but our new deals like "I make the bed; he cleans the litter boxes" are making us both happier, more relaxed people ... which in turn is giving me more energy and enthusiasm for my work and the volunteer commitments that I keep.
	F		I am working to deal with/understand/accept/ live with ... death. That includes yoga, meditation, my art, and prayer.
65	M	White	I will continue to travel the U.S. and the world because each new place and culture changes me and, perhaps, each encounter changes them as well. In 2008, my calendar already includes January in Miami, February in the backcountry of Colorado, March in Mongolia, and April in Liberia. Perhaps an extended tour in Geneva later in the year.

49.5	F	White	<p>What: living in philadelphia earning master's in landscape architecture.</p> <p>How: Working with new ideas, technologies, and work possibilities which include brownfields remediation, esp. in urban sites; wetlands restorations in urban and non-urban settings; collaborating with archaeologists in delineating and creating place within historical and modern cultural landscapes.</p> <p>Why: wards off obsolescence. energizes personal work. new people and teams to work with. new outlook/new edge.</p>
48	F	Black	<p>I use my artwork to encourage people to "do the right thing" by God. Each piece teaches them to worship Him in truth and in spirit. The colors uplift and inspire. I have reared my children to do the same and have as much as possible been an influence in their friends' lives as well. I come from a very sordid past and despite that, over time, God has taught me just how valuable I am to Him and how priceless everyone else is too.</p>
40	F	White	<p>I have started meditating again. Since I've had children, it's been hard to have a regular practice, but I've started meditating with a group each week and am already noticing a big change in me. I wake up with a smile in my heart more often than not, feel less agitated inside and able to communicate with more softness.</p>
50	M	White	<p>I will be attempting to carve out much-needed time from my life to devote much-needed time to my life. Starting after the first (and having precisely nothing to do whatsoever with "resolutions" but, in fact, with work obligations that should soon be fulfilled), I will dedicate the first two or three hours of every day to my own research and studio investigations. These, in addition to my eight hours of studio time on Saturday, will result in approximately 20 hours a week. Not much, admittedly, but this is, indeed, an age of diminished expectations.</p>

	M		<p>I want to be a change agent.</p> <p>One shift I need is civil dialogue. To design for, to move towards, to redirect the our lives, we need movement. Simple actions, conversations, reactions instead of apathy. Change in my life has come from finding myself in desperate situations. I have to then react and work towards resoultion. Civil dialogue will make me more aware of the words of individuals and how we share the same currents. Then react and learn how to move with others. Our world is desperate for a shift, and in dire need of dance lessons.</p>
	F		<p>Everything is always changing. If there is any change that I am responsible for, it comes from looking objectively at the past or throwing away as many material things as possible. These are two things I do and have done since as long as I can remember. These two things are inseparable when it comes to my condition.</p>
40	F	Asian	<p>I'm trying to be more open, approachable, sensitive, and thoughtful in my everyday interactions with people--whether people who know me closely, or people I don't know at all. I realized this is much harder than it seems!</p>
22	M	Hispanic/ Caucasian	<p>The one thing I'm doing to make a change in my life is to reduce the amount of alcohol I consume, for three reasons: physical health, mental health, and financial health. By no means do I want to stop drinking altogether (brewing beer is much too fun!), but rather I want to begin a life of moderation.</p>
21	M		<p>Asking questions</p>
35	M	White	<p>I stopped trying to make change in my life. Instead, I have started to take anti-psychotic drugs just to try and fit into a corporate society.</p>
49	F	White	<p>I think the biggest thing is how my attitude toward clean fresh water has changed, as our shared water system on our island no longer has the capacity to support our vegetable garden. I've had a vegetable garden for thirty-five years, and I see it as a vitally important part of our life. My plans are to collect rainwater from our roof. I've already started with buckets and barrels of water placed all around the drip line of our house, but this year want to create a working cistern/catchment tank.</p>

13	F	mix: Native American, black, white, Italian	I'm going to be nicer to others and make people laugh more!! And enjoy the time I have with everyone and my family/friends! Best friends Best buddies!
12	F	African American	Start go to the mall more with my friends and talk to them more. That is how I would like to change my life.
11	F	Black	The things that I need to change is my attitude against people and gain some weight
13	M	Black	This year I plan to have a better attitude toward things I don't know about, and be more open-minded.
13	F	African American	Be more involved with my father's side of the family
12	F	African American	One thing I am doing to make a change in my life is to appreciate what I have.
13	F	Other	Be more respectful to others and parents because after a while a regret it I just want to be a better person for me nobody else
			To change my attitude.
13	F	African American	The noe thing I am trying to change is get the highest grades possible in school. I am also trying to talk to my friends everyday and be more nice.
12	F	African American	In my life, the one thing I am doing is to stop littering and start recycling more.
13	F	African American	One thing I am doing to make a change in my life is to get better grades. And express myself by changing up my style.
12	F	African American	I would like to change the way I balance my school life and outside life.
12	M	Black	I will clean up the block and help with cleaning.
13	F	Other	One thing I am going to do to change my life is to be more responsible and respectful.
13	F	African American	I need to stop getting punished and stop running my mouth all the time so I won't get in trouble

11	F	Black	I'm going to spend time with my family more often.
12	F	African American	One thing I am doing is to become a better person and fix all wrongs that should be rights.
12	M	African American	One thing I am doing to change my life is to stop talking as much and help people with their problems.
12	F	African American	One thing I am doing to make a change in my life is to show more appreciation to the people around me and be thankful for what I have.
37	F	Caucasian	Be sure to stay connected more to friends and family.
13	F	African American	I want to be able to enjoy my life and to know that I am happy, blessed, loved and loving. I want to be happy and live life in 2008. It's a new year!!
			I strive to be more positive and productive in all that I do. I am working toward these goals by learning to enjoy everyday life and pursue my passion for public relations.
22	F	African American	Embracing every experience at least once. I'm trying my best to take advantage of every opportunity by letting my faith paralyze my fears.
20	F	African American	Breaking down emotional barriers that I have put in place since I was little. Afraid of being myself and people or my family judging me--not liking me. Also the fear of being loved.
21	F	African American	To make a change in my life, I have become more aware of my actions and responsibilities. Years have passed and I am now putting plans in motion as well as work towards my goals.
22	F	African American	Became more career focused [...] became more spiritual; learn how to deal with romantic relationships; set realistic goals for becoming more financially wealthy

21	M	African American	I am starting to work out again. I have been athletic my whole life, but since I've been in school I have been somewhat lazy. So for a short-term change in my life, I would have to say getting back in shape so I can live a long and healthy life.
23	M	Black American	One thing I am doing to make a change is putting myself first and accomplishing what I need to get done to be comfortable with myself and to feel like I have improved and progressed in my life.
22	M	Black/African American	It's time to be independent and to take more action about my life. Taking action that can help motivate myself. By doing that I can help people and [...] the people around me.
19	M	Nigerian (Black)	My seriousness in things I know that I <i>have</i> to do. Especially when it comes to my academic life. I never really do my FAFSA on time and I procrastinate on assignments, so I decided to get more serious. I know I have to do it so why wait forever.
20	M	Black	I want to begin to read more and study longer. One thing I'm doing to change is that I'm beginning to isolate myself in the library more.
21	M	Black	If I could change one thing about my life, I would try to be less judgmental. I may have blocked many blessings that people may have had for me by simply prejudging my fellow man.
20	M	Black	These days, I am trying to embrace each day with a passion. I no longer allow worries and/or stressors to play a major role in decisions that I make. I believe in "live each day as if it would be your last."
19	M	African American	The one thing in my life I'm trying to change is my grades. What I'm doing to achieve this is coming to class on time and doing all work that I'm assigned and turning it in on time.
19	F	Black	If I could change one thing about myself it would be my confidence and decisiveness. To make this change, I switched my major, which was a big deal, and I'm actually trying to be active.

20	F	African American	When I get comfortable with something I won't deviate from my comfort. I want to be able to realize that there are other things outside of my box. I am working on being more open and willing for change as long as it is positive for me and my life goals.
21	F	African American	I would like to change how much I am stressed out. To change this, I have just been taking one day at a time and trying not to let not-important issues get under my skin.
19	F	Black	If I were going to change one thing in my life it would be my credit score. I'm making a change in that I've seeked financial advice, I've changed jobs to make more money, and have paid/am paying my credit cards down. :)
23	M	Black	Attitude is what people display to other people. A change I'm making in my life is to display a positive attitude toward myself and others
19	F	Mixed Race	Stand by my decisions. I am changing this by accepting my responsibilities and changing my actions to make my life prosperous.
21	F	Black and beautiful!	I want to become more proactive with things that interest me. At work I want to have all my tasks complete before they are due. I want to do well in school as well. Working on getting my car to move around more independently.
20	F	beautiful	I'm informing myself. I'm reading <i>The Art of War</i> , <i>Laws of Power</i> and <i>Laws of Seduction</i> . I'm teaching myself how to get what I want without verbally attacking anyone or physically pushing. There are way to attract my desires.
20	F	Black	I'm trying to pray more, and also take responsibility for my own actions and situations. I am now making decisions that allow me to take charge of my own life instead of leaving it in anyone else's hands but God.
29	F	African American	I am becoming an active respectable member of my community. Organizations and issues that I feel passionate about are no longer issues because I am taking action and informing my peers to keep them knowledgeable. I am trying to be more alert and take notice of the world around me.

20	F	African American	In order to make a change in my life, I believe that I have to live every day like it is my last. I should treat others the way I want to be treated , always have a positive midset, and make wise decisions that I won't mind dealing with for the rest of my life.
21	F	AA	I used to worry about things that had nothing to do with me personally. This caused me to have a nervous breakdown at a very young age. Now, I am learning to not worry about things that cannot be changed and to do my best to change what can be. "Either way I did what I could."
23	F	African American	I am making sure that I respect myself in every decision that I make. Once I have made that a pattern I will generally be more happy with myself and the choices I make.
19	F	Black	In my own life, I am realizing that the choices I make may not be well-liked by many, but these choices have to be the right ones.
23	male	"Black"	To make a change in my life? So far I'm where I want to be. However, that initial change was instigated through the creation of my own world ("bubble") which has little connection to society and "reality." That way, change began as I started to live life based on "me," rather than the way the "world" wanted me to live.
20	F	African American	I have reflected on my life and begun to truly acknowledge all that I have been blessed with and how I have used and misused my blessings, and I am beginning to utilize them in a proper and positive manner so that I become the best me possible.
23	M	Black	One thing that I am doing to m ake a change in my life is to be come as educated as possible to ensure a long, healthy, safe, and positive future for myself and my family.
21	M	Black and Indian	I'm learning to make better decisions. I have a habit of making decisions that cause bad consequences in the future.
22	M	Black	Going to school to earn my bachelor's degree and working on getting my dealer's license as well as my alcohol license for my company.

21	F	Black	I am expecting a baby girl in April, so for me to be a better mother I need to have some goals and guidance in my life. So the one thing I am doing to change my life is dis-associate myself from people who aren't doing more, the same, or better than me.
21	F	Black	I'm graduating from college in May. I am trying to take life more seriously than I have in the past and become more independent. I'm also trying to be less shallow and be true to myself.
21	F	Afro American	I am trying to never fall into what some may consider the "in crowd." I've seen people in my life play follow the leader and not make the decision to actually lead in some things. I've decided to take logical risks by choosing to finally not second-guess myself on things that I know are not right or for me.
23	M	Black	I have begun to mentor a young at risk high school student from Reginald F. Lewis in Baltimore. I believe my involvement in my community is essential to the success of my community.
54	F	Other	I am trying to savor each moment with gratitude. In my efforts to make the world a better place for everyone, I sometimes forget to take the time to really breathe. This leads to illness and chaos and makes me truly unable to serve or alleviate anyone's suffering. So I am slowing down and really listening to the wind, looking into my son's eyes when he speaks to me, and not rushing to answer each e-mail as it comes in.
21	F	Asian American	I am very interested in traveling and learning about different cultures. I am currently visiting friends in Europe and am excited to visit new places to learn about different people's ways of living, and to help them learn about mine.
33	F	White	practicing the art of conscious thought manifestation
22	M	Caucasian	Change is not a matter of self-interest; it is inevitable. We all (everything of existence matter or not) are susceptible to the results inherent with unstoppable time. I accept change, yet I do not influence it by my decisions.

32	F	Caucasian	I am trying to put together a list of things I can do to reduce anxiety and to slow down my life a little bit. Some things on the list include regular walking, meditation, breathing exercises, hot baths, improved nutrition, and cognitive therapy. Awareness of the type of thoughts I have and staying focused on the positive should also prove helpful in my attempt to stay calm in this busy world.
45	F	Caucasian	I have just installed a water treatment system. In this coming year I have decided that I should be able to wash, cook, and drink the water that comes out of my well.
25	M		saving up for a trip to Indonesia
55	F	White	I'm not doing this (yet), but you have stimulated the thought (after being resistant to even think about it). So what I would like to change--will try to remember to change--is to do less, take on less, because as I take on more and more, think of more projects, the little things in life get crammed and the people I share those little things with get crammed, too, and stressed, and those relationships need care too.
60s	M	Caucasian	I am attempting to become healthier; therefore, I am resolved to go to the gym more frequently.
36	F	Other	I packed up my belongings and moved from Los Angeles to Baltimore. Everyone always asks why. It seems incomprehensible to some that I would move from a city like Los Angeles to Baltimore. It's simple really. I moved to a city with almost limitless potential. It's very exciting--the sheer volume of those possibilities.
54	F	Caucasian	Someone once said the only thing you can count on <i>not</i> to change is that things will always change. I am a poet and teacher in the process of changing my artistic focus. My interest is less in conventional ideas of poetry and more in the idea that community actions and exchanges are valid artistic "productions." The themes I am renewing my commitment to are cities, spirit, ecosystems, and health. Thanks for asking.
42	M	unimportant	I would like to be nicer. Smile a bit more often. I hear it's less work to improve the good things than to try to change the bad things.
42	F	Euro-American?	move and organize

62	M	White	I decided, after years of speaking beginner's Spanish, that I wanted to be a fluent speaker of the language. So for the past two years I have been reading novels in Spanish, watching movies in Spanish, conversing, participating in groups, studying, all with the goal of becoming truly fluent. With this has come the opportunity to participate in and better understand issues and activities that affect the Hispanic community in Baltimore and Latin America.
43	F	Caucasian	I am striving for a new level of organization in my personal and professional life.
50+	F	White	I am consciously being mindful of the tone of voice I use when speaking to others so that I don't appear so hard, judgmental, and unapproachable. I want to inspire more discourse and dialogue.
39	F	White	I am trying to change the way I interact with friends by communicating with them more often and more about personal issues. I'm hoping they will do the same with me.
33	M	White	I've decided to give up on appointment books and lists, which have never worked for me and tend to make my life more stressful. I guess you could say I'm going to follow my heart more and listen to those around me, but I'm not convinced that will work either!
57	M	Black	Being more careful of the words I use when speaking to others. It is very easy to speak toxic language and I want to change that.
41	F	Mexican-American	Not being content with the status quo. Questioning the norm.
52	F	European-American	I am exercising regularly in particular, with weights.
43	F	Caucasian	I despise where I live and have wanted to move for over a year. Instead of waiting for the conditions to be perfect to move, I have started purging my house of junk and clutter and have started packing up my possessions. I am moving along as if a move to another house is imminent. Mind you I have five pets, a partner, and two teenagers who I am taking along with me, but if I do not start the process myself I will continue to be miserable in surroundings I hate.

64	F	White	I am taking steps to overcome recent creative (writing and art) inertia. Each initial baby step increases my stride and restores my old confidence; soon I will dance.
25	F	Caucasian	I'm buying a house in Baltimore City.
70	F	Caucasian	As an artist/architect, I am designing a synagogue for a congregation in Brooklyn. This has led me to realize that it is very spiritually satisfying, at this time of my life, to create houses of worship.
44	F	White	I'm trying to reach new audience with my work. I'm used to being an insider, addressing people who share my professional interests and orientation. I'd like to become an outsider instead.
40	F	Human	I'm doing something that seems impossible. I'm not telling anyone about it, not even my best friend. If it turns out to be possible, it will change everything.
26	F	Caucasian	I am following the rule of six! When I make an assumption about something, or someone ... I have to come up with six other possibilities that are different than my original assumption. By doing this, I hope to think more positively about my surroundings. I hope to focus my energy on the things I can control rather than being upset by my own assumptions.
59	F	White	I am going to be more selective with my charitable giving. I think if I choose more wisely, my dollars will have more impact. I will also direct my volunteer hours towards projects that will make a lasting difference. I will work to be non-judgmental.
47	F	White	I will be moving at the end of January—for the past fourteen years, my husband and I lived in Washington D.C. Now, we will move to Sheffield, Ma., in the Berkshires.
47	F	White	Work less, relax, and exercise more.
			Go where the light is and take a flashlight where it isn't.

			<p>My desire to learn never ceases. I listen, see, smell, touch, create, and think with great intensity. From time to time, these activities overwhelm me. I put myself in a rush zone and juggle many things at once. I become forgetful of important things. Sometimes, this behavior creates unpleasant feelings and affects my physical, mental, and spiritual being.</p> <p>My respect for human relationships is profound, but I have often ignored the subtle advice of family and friends. Perhaps, I have even lost track of my own internal compass. On some level, in order to regain a sense of innocence and integrity, I must listen to the voices that I haven't been hearing. I must try to be within the moment, which is one of the hardest things for me to do. I must try to know myself better, and hope that in turn, I may get to know others more deeply as well. I am amazed at the human condition, especially on the part of survivors. I accord them my highest respect, and I would like to engage them further. But before achieving that, I need to slow down and see myself, listen to my inner voice, and follow the dictates of my heart. I hope that</p>
25	F	White	<p>It's probably a downfall, but I move very often. Until I feel comfortable in one place, I will continue to change my living situation. I also take pride in all work I do, no matter how insignificant it may seem. Who know what bigger things may come from it.</p>
37	M	Caucasian	<p>I'm doing so many! I'm focused on examining my energy and CO2 footprint to reorient the habits, rituals, and needs in my life. This incorporates changes in purchases, food, construction, and general habits.</p>
64	F	White	<p>Since I seem to make more mistakes when I am multi-tasking, I am trying to remember to do one thing at a time. So I am practicing doing, finishing, and then moving on.</p>
37	F	White	<p>Made a commitment to read more--books and newspaper--to make my knowledge, understanding, and vocabulary improved.</p>

66	M	Caucasian	<ol style="list-style-type: none"> 1. With deliberate selfishness, I am making sure that I am involved in the lives of a small number of children to whom I say, "I love you." 2. Listening more often and more carefully to people under age 18. 3. Reconsidering the consequences of compromise. 4. Reflecting, more deliberately and intensely, on my life's work; asking, What have I accomplished? 5. Setting personal goals (something I haven't done for a long time) and looking at how they interface with externally driven professional goals. 6. Beginning a study of historical events that have created and changed cultures.
24	F	Bi-racial	One major change I've undertaken to better my life is learning formal Arabic. I believe that any time a person attempts to increase themselves in knowledge it is a benefit, however, because Arabic is the language of my faith, it will help me understand the subtle nuances that come with any religion.
43	M	Caucasian	The biggest change in my life is a commitment to homeschooling my children and crafting a curriculum that fits with our values and needs.
55	M	Black	I am making a serious effort to stop procrastinating, because procrastination is disease and the only cure is action.
49	F	African American	<p>I terminated a contract that I held for three years. The client offered me a full-time job and, despite the comfort afforded by a guaranteed paycheck and benefits, I said, "No, thank you." This change, from a place of comfort and stability to a walk into the unknown, has set forth a chain reaction in the universe. Unexpected projects, people and opportunities are being revealed to me.</p> <p>Change is good. When change does not occur, then indeed we are dead. The key is to have faith that you can make good decisions that allow you to seize the opportunities that change inevitably creates in our lives.</p>

30ish	F	African American	In the Book of Doctrine I use to govern my life's journey, the Bible, it states parenthetically it is easy to love a man (someone) when he is loving you but the real test is can you still do the same when he is not. It is at these times our faith, trust, and obedience are truly tested and character is built. The one thing I am doing to make a change in my life is to really put my trust in the God I serve to keep me so that I may be able to pass that test and become all that He intends for me to be.
			The one thing that I am trying to incorporate to effect change in my life is to read more books that stress personal growth, i.e. health, finance, and personal relationships.
16	M	Black	One thing I am doing to change my life is avoiding negative peers and I am going to school everyday. Also I am acting and thinking positive.
17	M	Black	Going to the Fresh Start Program and staying off the streets
19	M	African American	One thing I'm doing to make a change in my life is striving to come to school on time. Second of all, I'm not in the streets as much as I used to be. Also, I stopped smoking marijuana, which really made a change in my life.
33	F	Caucasian	In a world filled with uncertainty, violence, and fear, I am making a conscious effort to be grateful for all of the wonderful gifts I have been blessed with, and to see the joy, beauty, and wonder in each day and in each person I meet. It is important for me to remain hopeful!
			Getting out of my office more often(!) to visit activists in Baltimore and in other major cities will allow me to learn firsthand about the challenges they are facing and their success in creating change. These visits will give me all the ingredients for good grantmaking: inspiration, knowledge from experts in the field about unmet needs and what works, and a roadmap for linking insights, people, and strategies to make sure that we can create change that is significant and that lasts.
			I seek to challenge assumptions (my own or others) so that each new moment is met with openness. (Which leads me to question why the respondent is being asked for age, race, and gender?)

			The one thing I am doing to change my life is to grow in confidence regarding when, how, and where to put my efforts to respond to needs and problems I see around me. I would like to see a better bridge between the suburbs (which are booming) and areas of the inner suburbs and city which remain locked into a cycle of poverty, neglect, destructive escapism, and lack of confidence. I'm doing what I can to bridge this gap but it isn't much compared to the need. Many people, including church people, do not perceive the above as a problem. The attitude seems to be "I'm all right, Jack."
53	F	White	I have the opportunity through my job to influence the hiring and employment practices of a large employer. I try to create opportunities for city residents to get jobs who might not otherwise be considered, such as ex-offenders, the homeless, long-term unemployed, and lower-skilled workers. I encourage other employers to do the same. I also try to create a fair working environment that gives everyone the opportunity to reach his/her full potential.
49	M	Caucasian	Actually, your inquiry is timely, as I am in the middle of a serious decision about my career direction. It will be resolved in the next month or so. I may re-commit to my existing career in a serious way, or I may make a fundamental change, depending on the outcome of the current process underway.
31	F	Caucasian	To make a change in my life, I am saying "no" when requests for my time and energy would overtax me.
48	F	White (Eastern European descent)	Refrain from making assumptions--about anything or anyone.
			Having nine months ago been diagnosed with a terminal cancer, I am using my remaining time to prioritize and achieve my remaining personal and spiritual goals. And these goals importantly include working with each of my children to help them prioritize and get well onto the road of achieving their professional and life goals. These last months have been among the best of my life--perhaps even the very best.
37	F	Caucasian	I am putting my finances in order so I can be in a healthier and happier place for my children and provide a better quality of life for them.

62	M	White	At the age of 62, it becomes ever more clear to me that Gandhi was right when he said, "We must become the change we want to see in the world." I have committed to a deeper spiritual path that includes regular meditation on loving compassion for all human beings, especially those who I disagree with Until we find a way toward genuine dialogue and kindness I feel we will never resolve the unnecessary suffering that besets us.
77	M		I am changing my life by winding down my law practice, so I can concentrate on the following priorities: Get our family finances in order and maintain my health, so that my wife Belinda can retire and we can travel to places we would like to visit. Write about and promote the abolition of the criminal law (the law of blame and punishment) and its related activities (so-called "corrections"). Do genealogical research. That is, researching and writing up the history of the my direct ancestors, Belinda's, and those of our children. Read more and get to more baseball games. Listen to and play more music. Spend more time with family members and friends.
79	M	White	I am part of a team training counselors in churches and inner city neighborhood organizations for "family strengthening " skills. These skills structure enactments in whole family meetings, framing and reinforcing the inherent love and capacities of families to meet the crises and conflicts of family development and on the street corners. This perspective and action keeps me joined with the evoluion of human communion on the planet: a path.
			I have committed myself to at least fifteen minutes of meditation every day. I use my deepest held values as a touchstone to evaluate my daily actions and behaviors. I am using my life experiences to help others deal with the same or similar experiences in their lives. In this way, I stay focused on practicing the positive techniques and ways of viewing life situations that I share with other people. I am thus changing my life for the better every day, one step at a time.