

# Well-Being

## March Article: Never Too Late To Start Anew

How many of us have fallen victim to the idea that it's too late? Too late to start new hobbies, too late to follow dreams and accomplish long-standing goals. Every year, by the time March arrives, resolutions are long abandoned. Overzealous promises to finally make those pesky commitments are quickly overshadowed by the reality that life is difficult, exhausting, and continually passing too fast. However, this month of March, let us take time to acknowledge that it is never too late to start something new.

It was at the age of 78 that Anna Mary Robertson Moses began painting. Living her life as a farmer, she churned butter, manufactured potato chips, and mothered 5 children. For decades, she pushed aside her passion for art in pursuit of motherhood and the difficult farming life. Then, twelve years after the passing of her husband, she finally took up her hobby and made it into a career. Over three decades, "Mama Moses" created over 1,500 works, with followers saying her paintings felt like home. Despite Mama Moses having no opportunity to pursue her passion in her early and mid-years, she dedicated the last decades of her life to her art, passing away in 1961 at the age of 101. When asked her thoughts on hobbies at a late age, she stated: "Now is the best appropriate time. For a man who really wants to seek for something, every period of life is younger and timely."

Mama Moses's story is a call to pursue passion, to make time, and to never believe it is too late. Unfortunately, far too many people live and die without allowing their passions and dreams to be fulfilled. A study by the University of Scranton found that over 92% of people who set goals for a given new year never achieve them. The harsh reality is that goals are not just abandoned every year; they are abandoned for entire lives, going unfulfilled. Few bat an eye at a failed New Year's resolution, but extended over the course of a lifetime, 'giving up' on what we love isn't as simple as leaving a task unfinished; it is as powerful as dying without doing something we believed made our lives worth living. When we stop and ponder how much we've been pushing aside, only then can we realize just how vital it is to pursue our passions, and just how much fulfillment they bring. It is never a bad time to start becoming the person you want to be; don't allow your busyness or age to define you. In the words of Mama Moses, "Life is what we make it, always has been, always will be." Make your life what you've always known you wanted it to be; for it is never truly too late to start anew.

**Wellbeing Tip:** Self-encouragement. Never believe it is too late to begin something new. Give yourself grace as you take on new responsibilities, challenges, and passions. Great things come from allowing small failures to shape and guide us. You're doing amazing work!