

Accrescent Connection

Goodbye 2025, Hello 2026!

It's the end of the year—you made it through another trip around the sun.

Three hundred sixty-five days.

As you look back, are you taking note of what you accomplished, or are you more focused on the “have not” list—the things that didn't quite get done? It's easy to get caught up in how far behind we feel or how much more productive Person A seems to be. But where does that constant comparison—often turning into competition—come from? While comparison can be motivating at times, when it becomes the loudest voice in our heads, it often does the opposite. Instead of inspiring us, it can criticize, overwhelm, and ultimately hinder our ability to function at all.

A big part of this constant comparison comes from the amount of screen time we engage in—screens that show us what everyone else appears to be doing. What if the real epidemic of COVID wasn't just the virus itself, but how it transformed our society into one that no longer needs in-person human interaction the way we did in 2019, but instead created a sad dependence on screens and AI? Just food for thought.

Continued...

**Grab a blank notebook or new journal
and let's write!**

Ready to start your journaling journey?
Scan the QR Code for January 2026 journaling prompts.
These prompts are designed not only to ease you into journaling, but also help you create a new habit, making it easier to stick with. These can be attended to in 5 minutes, but are also open ended so more time can be spent reflecting and planning if you so desire



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We can lose an entire afternoon by letting Netflix or other streaming services autoplay episode after episode of whatever currently has our attention. I remember when the phrase “binge-watching” carried a negative connotation. Now, it’s completely normal for someone to share—proudly—that they spent an entire Saturday or Sunday (or both) binging the latest release.

I dare you to imagine what life might look like if you scaled back some of your time on your phone, TV, computer, or iPad—your screens. Check your phone’s screen time from the past week, Maybe even broken it down day by day? It’s often eye-opening—and usually more consistent than we’d like to admit. I always find it interesting when people say their phone screen time is “only about an hour a day,” yet also mention watching hours of TV, playing games on an iPad, or sitting at a computer for work or school. I get it—I do it too.

So what are screens getting in the way of?
A new project?
A new book?
Connecting with a friend or family member?
Journaling?
Traveling?

(Notice that none of those are even chore-related.)

My challenge for you as you head into 2026 is not only to notice how much screen time you’re devoting yourself to, but to consider how much it may be getting in the way of the life you want to live. I recently read that New Year’s resolutions often don’t stick because they’re surface-level—superficial. We don’t actually want to go to the gym more just because someone says we should. But if we reframe it—going to the gym is a way to show love to my body, which helps me feel better physically and mentally—we’re far more likely to follow through.

So ask yourself: why might you not want to assess your screen time? What could it be protecting you from? Do you really want to look back at the end of 2026—or worse, 2030—and say, “Wow, I spent so much time on screens, and they didn’t really give me anything in return”? That time is gone. You don’t get it back.

Start now. Break the cycle of letting screens consume your time. Try a new hobby. Go for a walk and observe nature. Call a friend—bonus challenge: call, don’t FaceTime, and notice how different the conversation feels. Play music and cook or bake. If you don’t enjoy it, that’s okay—try something else. The goal isn’t perfection; it’s slowly breaking the habit of relying on screens for everything.

*Blessings for a prosperous
and intentional 2026.*