

## **What About Resolutions?**

Already committed to next year's resolutions? Keep this in mind, those who think about their resolutions for some time are usually more successful than those who make them up last minute. Also, most people who are successful at keeping resolutions add something positive rather than giving up something negative. Consider these: pay off a debt, think things through, listen more, make an effort to stay closer to friends and family, or read something uplifting. The list goes on and on. Below are more guidelines:

- Make only one or two resolutions.
- Choose realistic goals that you feel confident you can meet.
- If you don't succeed, determine the barriers that blocked you and try again.
- Remember to not only focus on things to change. Consider making a list of your good qualities or things in your life for which you are thankful.