

A Resolution

How many of you have set your New Year's resolution? It comes around every year and we all make them. However, looking back on the ones that you've set in the past, how did you fare in accomplishing them? I hope to accomplish one of mine through this article. My resolution is to help all of you set daily, weekly, and monthly resolutions vs. setting one big one that you try to accomplish in a year, but give up on after the first couple months.

First, we must understand what a resolution is by defining it. Merriam-Webster's online definition **1** : the act or process of resolving: as **a** : the act of analyzing a complex notion into simpler ones **b** : the act of answering : SOLVING **c** : the act of determining **d** : the passing of a voice part from a dissonant to a consonant tone or the progression of a chord from dissonance to consonance **e** : the separating of a chemical compound or mixture into its constituents **f** (1) : the division of a prosodic element into its component parts (2) : the substitution in Greek or Latin prosody of two short syllables for a long syllable **g** : the analysis of a vector into two or more vectors of which it is the sum.

That is a lot to swallow. Here is what I got out of the definition: *deciding to take action in doing something worth while*. Makes sense doesn't it. You set a goal and begin working towards accomplishing it.

The problem with "A New Year's Resolution" is that it typically is a goal that is almost impossible to achieve on the surface. Ex. *I'm going to get in shape*. That is a huge goal for many of us. After a couple months, you're bound to give up. Why not change it to *I'd like to work out 30 minutes a day, 5 days a week*. By doing so, you now have broken it down to something within reach and eventually you can accomplish the goal you want to achieve. You can change it after a couple months to an hour a day or more once you see success.

I read this quote recently that I thought would be good to use in this article: ***"I think in terms of the day's resolutions, not the year's."***

– **Henry Moore** How appropriate. People try to bite off more than they can chew when setting a resolution. Nibble away at your goals and you will be extremely satisfied with the results.

Here are the top five traditional New Year Resolutions with my comments italicized.

- 1.) Trying to spend more time with family and friends. (*Contact them weekly, set aside an hour where you plan to reach out to a few family and friends via phone, email, or in person.*)
- 2.) Get in shape, join a gym, or exercise more. (*I spoke on this earlier in the article. Spend 30 minutes exercising. Park further away from the door when at work or shopping. Take the steps instead of the elevator or escalator. You'll feel yourself shedding a pound a week. The key to this is to burn off more calories than you take in.*)

- 3.) Quit smoking or drinking. *(Go from a pack a day to a half a pack and so on. Quitting cold turkey typically puts you into withdrawal which is not a good situation. It will become your goal next year too.)*
- 4.) Vacation or do more fun stuff. *(As Nike says, "Just do it!" It does not have to be a full week in Cabo San Lucas. Sure, if you want to go there, just let me know. I have plenty of weeks to offer you for a cost. It could be a weekend in your favorite city or somewhere you've never been. A night on the town. That's fun too. Just make sure it is within your financial ability. Please see below.)*
- 5.) Getting finances in order. *(One of my favorites. It was my resolution for many years and every year I'd come back to it, more in debt until I learned how to get my finances in order by setting small goals, eliminating credit cards, and paying cash for just about everything. Believe me, it works!)*

Each of these can be better managed if you work on them as daily goals. It's the little victories that give us more fuel to continue our goals. Start with setting a resolution that is more attainable within a week or month. Work on it daily so you can see the results. So what's your daily resolution?

Great Resolutions!

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