

RESOLUTIONS

Some resolutions may be going well. Others ignored completely. And there are those that have gone by the wayside or gotten undone. You don't have to beat yourself up about it. "If at first you don't succeed, try, try again." Remember that phrase? You don't have to do things perfectly the first time around. Part of learning or attempting something new can be those tries that don't work. You might miss your target. You may feel dissatisfied with the result. But if you never try at all you will never get to your goal. And you may wonder why you are not achieving more when the answer may be right in front of you. If you do try and fall short, you can always work on your goal more the following day or week.

*"The tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach."
-Benjamin Mays*



So what are your New Year's resolutions? Are you willing to go the distance with them? Are you going to let other's nay saying stop you or lessen your drive or motivation? What or who motivates you? Do you have enough support or help to achieve the goals that are most meaningful to you?

What will be your reward to yourself when you achieve these goals? Is the reward in just doing so? Will it be a material reward, a spiritual one? Can you see yourself at the "finish line" having achieved some of these goals? Are you smiling, laughing, dancing, singing, sharing with others? Who is there to share your joy?

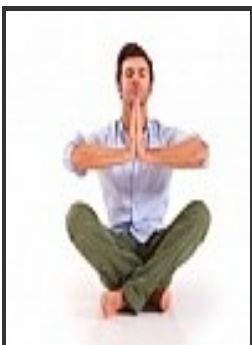
*"Obstacles are those frightful things you see when you take your eyes off your goal."
-Henry Ford*

*"As one person I cannot change the world, but I can change the world of one person."
-Paul Shane Spear*



RESOLUTIONS THAT ARE "OUTSIDE THE BOX"

- increase your spirituality
- become a mentor
- connect with nature more
- conduct a food drive
- "walk" for a cause
- exercise your right to vote
- repair rather than purchase
- call someone
- cook a gourmet meal
- print your digital photos
- visit the elderly
- write a letter



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