

## New Years Resolutions

We make resolutions at New Years because we innately want the next year to be better. The desire to be happy and to feel worthwhile is built into us. We want to succeed.

Anything that we resolve to do that is life-changing, is very difficult. As the saying goes, "We are creatures of habit." It takes more than good intentions to change a habit. It takes thought and planning. This year, take your resolutions, one at a time, and break them down into small steps that, when put together, will make them attainable and will change your life.

What do you want for your life?

Get a piece of paper and write down your goals. Under each one, write down what that goal means to you. Under each meaning, write the steps to achieving it.

Ask for help.

Prayer. Your Heavenly Father, the One who created you, wants you to be successful. Thank Him for helping you achieve it.

Friend.

Find a friend or someone who has your best interests in mind. Ask God to send you someone.

Sample Goals:

Read my bible more:

- I will read it every morning before breakfast.
- I will start with the book of Matthew and read one chapter each day. (or a verse or ten verses &ndash; make it manageable)
- If I miss a day I will pick it up the next day.
- I will purchase a notebook to write down my thoughts about each day&rsquo;s reading.

Lose weight

What causes me to gain weight?

The kind of food I&rsquo;m eating?

Make a grocery list of the foods that I know are good for me and stick to it when I&rsquo;m at the grocery store. Buy ONLY the food that will help me reach my goal

Fast food lunches?

Pack a lunch.

Between meal snacks?

Pick up snacks that are low in calories and that are healthy. Get bottled water and choose that before the snack.  
Lack of exercise

Use the treadmill at 6 a.m. everyday. I will take a day off on Sunday.

I will park farther out in the parking lot in order to walk more.

I will use the stairs instead of the elevator whenever possible.  
Help others

I will give monetarily to charitable organizations.

I will give \$xx.xx per week.

I will write the check every Friday.  
Help an elderly neighbor

Mow George's lawn, without being asked every Saturday at 10:00.

Visit someone every time I'm on my way to the store to ask what she needs. I will do this on Fridays.

Visit xxxxx every week on Thursday for at least 15 minutes to chat.  
Serving at school, or a soup kitchen or at church.

I will go once a month on Saturdays afternoon.  
What are your goal for next year?

Make your list. Put it in writing and post a copy on your  
calendar, refrigerator or your computer or your bathroom mirror or all  
of those places. Review it often.

You want to be successful. I want you to be successful. Most importantly, God wants you to be successful.