

FULFILL YOUR NEW YEAR'S RESOLUTION

BUSINESS PROS NEWSROOM

EVERYONE usually has a New Year's Resolution. But, it's up to you to fulfill yours. Don't be included in the statistics of letting another year pass without conquering your financial or physical, etc. goal. Do you want to hear yourself again say, 'I wish I would have done it!'

Sometimes not accomplishing your goals for the year leads to depression and mood swings, because you were too busy, scared, discouraged, or lazy to do them. Why add that to your life? Those liking to hear them commit to something and knowing within that it's not happening, need to stop it. Don't convince or be untruthful to yourself and continue promising to start on the goals tomorrow or next week. Make your New Year one that will add satisfactory of knowing you accomplished what you set out to do.

A good idea would be to develop a plan. Create a daily, monthly, or weekly chart to follow. You may then check off your tasks as you complete them and if you don't quite reach your set task for each time, double up for the next one or fulfill it during the time leading up to it. This should make your commitment easier. Everything is laid out and all you have to do is follow your own instructions.

Another suggestion for those thinking they won't take their own instructions seriously would be to have another person outline your plan. You will then be unaware of what's on the list and probably be more determined to complete the goal specifically prepared for you.

The following New Year's Resolutions may or may not be on your list to accomplish. Whether they are or not, you must set and conquer your resolutions. In the end, you will be the one who is upset and unsatisfied when others reach theirs.

NEW YEAR'S RESOLUTIONS

- Save Money
- Pay Off Debt
- Get a Better Job
- Lose Weight
- Get Physically Fit
- Eat Right
- Get a Better Education
- Stop Smoking
- Drink Less Alcohol
- Reduce Stress Overall
- Reduce Stress at Work
- Take a Trip
- Volunteer to Help Others
- Get Married
- Buy a Home
- Start a Family
- Buy a Car
- Stop Cursing
- Join a Church
- Make New Friends
- Start a Business
- Gain Weight
- Get Clearer Skin
- Make More Money
- Be Nicer
- Take Up For Self
- Join an Organization
- Join a Gym
- Grow a Garden
- Get Out of an Abusive Relationship
- Home Repairs
- Live in the Moment
- New Hair Style
- Be More Patient
- Get A New Wardrobe
- Stop Sinning
- Play A Sport
- Make Amends with Others
- Get A Hobby
- Meet Someone Special
- Spend More Time With Family
- Be More Outgoing
- Start A Family
- Travel The World
- Redecorate Your Home
- Learn Something New
- Move To Another City
- Invest
- Be More Professional

