NEW YEAR'S RESOLUTIONS

From Laurie and Linda

Year after year, we make 'em.....and then we break 'em! So forget the usual resolutions like losing weight, eating healthier, quitting smoking, paying off our credit cards. Raise your glass on New Year's Eve and promise something more attainable.

TAKE AN EXCITING TRIP. If you don't already have a place in mind, just look at an Atlas for this one. Go somewhere you've never been before. Set aside a little money each month until you reach your goal, and cut out pictures and articles of your destination to put on your fridge as a daily reminder that you are REALLY going to have an adventure.

MAKE A PHONE CALL. Each week, try to get in touch with a different special person who you were close with, but rarely talk to anymore. How about your brothers, sisters, old friends you haven't seen in ages but have always wondered what they're up to now. How wonderful it will be to hear their voices and catch up on their lives over the past years. Make a list of their phone numbers and then plan to call one person each week to chat during the new year.

Of course, you can always resolve to do some new things that are less time consuming. Why not go to a type of concert that you would never have dreamed of going to before? Or start buying lottey tickets at a "luckier" store! Or stop telling that same story at every get-together! Or take a short class on something you've always wanted to do ... such as speaking a foreign language, ,learning to play the guitar, learning a brand new craft. But if nothing else, we can always resolve to simply make the coming year better than the last one!

A HAPPY AND HEALTHY NEW YEAR TO ALL!

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