

New Years Resolutions ?????

Hi

We are here again. The time after the holidays where we did "things" in regards to our health which were not the best.

And we now want to do something about it.

So now it is a new year. A NEW YEAR !

The trick of this is START when the "fire is hot". Do it now !

Here is a list which may help you :

- *Make a list about what you would like to accomplish this year*
- *Decide on a plan detailing exactly what you want to accomplish*
- *Decide specifically how you are going to accomplish it*
- *Start on putting the plan into action*
- *Revise the plan to make it more workable*
- *Revise it again if necessary*
- *Don't give up*
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- *Start on another plan you want to accomplish*

It appears that if you bite off more than you can chew it becomes overwhelming and we just give up. Tenacity is the key. Sometimes it takes learning about what needs to occur for the goal to work for you. It can take a long time but it is well worth it.

One of my hobbies is to read the autobiographies of great people. It always fascinated me to learn what made them so special. Invariably,