

Must Have Resolutions for the 2006 New Year

Believing that we should work to make life as simple (not necessarily easy) as possible, I have only **5 Must Have Resolutions** for 2006.

1. Write down at least one dream per month

Louie Armstrong once said that "*Dreams are goals with endings.*" As adults due to the daily trials and tribulations, we forget how to dream. Think back to your childhood and all the dreams that you had. If you haven't achieved them, then begin to write down those yet to be achieved. And it is also important to remember all those good, warm feelings associated with your dreams.

2. Implement a healthy life style

Look at your total life and resolve to implement a healthy life style beyond the usual "*drop a few pounds.*" Individuals who keep a work life balance between the key areas within their personal and professional lives have less stress, are more proactive and generally are much happier. For example, by removing the word *diet* and replacing it with *life style*, you would be surprised by the results of such a simple change.

3. Embrace a life filled with the joy of gratitude

With the world in such turmoil, embracing gratitude for your life and the lives of your family and friends is a significant resolution. As an American citizen, I believe we are fortunate and should share that gratitude with others. In many cases, that gratitude can be expressed by an *honest smile* to a complete stranger or by a *sincere thank you* when someone holds a door for you. Again, your day to day actions will reflect the joy of your gratitude.

4. Write down your goals

Written goals have much greater strength than those "circling in your head." Take the time to write down your goals and you will discover incredible power through this clear action.

5. Be a committed individual

Commitment is the key to successfully achieving these resolutions or any other resolutions. Hold yourself to a higher standard and tell yourself "*No*" when you want to "*skirt*" by a resolution.

Now is the time to for you to get out that favorite pen, find a quiet corner and begin to build and plan your resolutions for 2006. *Remember the choice is yours and yours alone.*

Word Count: 376



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