



The New Year is about to begin and this commonly brings thoughts of resolutions and new beginnings. There is something healthy about doing an assessment of where you are and where you want to be – whether in health, wealth or life in general.

If you decide making a New Year's resolution is for you there is research that says setting attainable goals is important. In other words, start small. If you want to start walking each day, for example, start with a 10 minute walk and not the three miles a day that might be your ultimate goal. You need to be able to see progress and have points throughout the process where you can celebrate success.

Sometimes we make resolutions and wonder why we don't succeed. Here is a list of suggestions for making your resolutions stick:



1. Determine why you want to make a change;
2. Decide how you will measure success;

3. Have a plan (writing it down is the best);
4. Find a support person or group and share your plan;
5. Decide how you will celebrate your success.

If you want more information or ideas about resolution making you can click [HERE](#) to go to a great guide in the New York Times online.

Make your plans for the New Year and celebrate ALL your small steps forward!

QUOTE OF THE WEEK:

Be at war with your vices, at peace with your neighbors, and let every new year find you a better man. – Benjamin Franklin

WEATHER:



It has been a soggy few days but there is sunny weather coming our way

December 31st.

This last week we had lovely Christmas eve and Christmas day snow. AND it was nicely gone for those who had to travel the day after.

Just in time for the New Year we will have sunny and partly cloudy days next week. Temperatures will stay in the mid 40s during the day and only into the 30s at night. Good way to start the year.