



IN SIGHT

Helping you improve the quality of your personal & professional life.

Issue No. 45

JANUARY 2002

NEW PERSPECTIVES

Often we break our New Year's resolutions because they are not realistic, are a lot of work, and no fun. This year, try some of these pleasant resolutions:

1. Do something daily that makes you laugh.
2. Make friends who have a sense of humor.
3. Post funny cartoons, sayings, and postcards on a humor bulletin board.
4. Smile at least once every hour.
5. Encourage yourself to make more mistakes.
6. Take more risks.
7. Worry about only one thing at a time.
8. Rent or buy a relaxation, yoga, or stress management video.
9. Hug a living creature every day.
10. Learn to say "no" without feeling guilty.
11. Take a walk whenever you feel stressed.
12. Focus on what went right every day instead of what went wrong.
13. List all the things you like about yourself.
14. Watch a whole sunset, uninterrupted, at least once every season.
15. Stop and smell the roses, and plant a rose bush if you can't find any roses to smell.
16. Spend one night a week without the television on.
17. Find at least five nutritious foods you like – and eat them at least a couple of times a week.
18. Don't feel guilty about dietary slip-ups.
19. Walk to more places, like the store, a friend's, or the post office.

20. Make friends with yourself.

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