

In-House Corner: New Year's Resolutions—Part 3

In this blog feature, our in-house readers share tips, anecdotes, and thoughts about topics that arise in their daily practice. Last year, we received so much feedback on the [first two blogs relating to New Year's resolutions](#) that we have decided to add a third. Here are more New Years' resolutions for 2023 from our in-house readers:

1. "A couple of things: First, keep up my de-acquisition efforts. I find that over the years I have accumulated 'stuff' that others have more and better use for. I am trying to intentionally get that stuff into the hands of those people, often through intermediaries. Nothing to landfills! Paper gets recycled. Second, keep paying it forward. Nothing is more gratifying. Third, I once again will intend to take better care of myself. I know what I need to do, I just need to do it."
 2. "We start house renovations just after the new year (just in time to draft the proxy!) and are adding a puppy in April, so my mantra for 2023 is 'Patience through chaos.' I think that will work well for both personal and work."
 3. "Try to be compassionate. Love myself. Cherish my family and friends. And, oh yes, try to stop looking at my cellphone so much."
 4. "I'm planning on keeping a journal to capture the moments of joy that I find. Particularly those moments in my job that frankly aren't that rewarding. I figure if I pay greater attention to how I'm feeling in the job from moment to moment, perhaps I will realize it's not such a bad job."
 5. "Just thinking about this, I realize that I need to really focus and take more time off for myself. I rarely take my vacation time and I probably am too good of an employee. I know they say that 'you can't take it with you' but not sure anyone really pays that any mind. At least not in this profession."
 6. "I have almost never made a New Year's resolution, but I think I'm ready to try it. With some baby steps. Just picking one this year. I resolve to focus more on marketing myself in my field and exploring my potential in a way that I haven't before."
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