

In-House Corner: New Year's Resolutions - Part 2

This feature of our blog is where our in-house readers share tips, anecdotes and thoughts about things that come up in their daily practice. We received so much feedback on the [first blog relating to New Year's resolutions](#) that we now have this Part 2 [feel free to ping me and share your thoughts – they will be posted anonymously or with attribution, whichever you desire]: 1. "I absolutely love new beginnings and these resolutions. For me, the key to a successful New Year's resolution is accountability and consistency. I set several New Year's goals this year but only accomplished the one where I also set a clear path to achievement (month-by-month) and partnered with a friend to keep me motivated. As a result, I was able to finish my goal of walking/running 2021 miles this year by mid-October, and I'm now on my way to 2400+ miles by New Year's Eve!" – Stephanie Bignon

2. "I'm a bit methodical about the year-end. I write out an annual assessment of how I performed against various personal goals I had established in my prior annual assessment. So I do set new goals each year. I find that writing this out in a multi-page letter each year is both cathartic and useful to assessing whether a particular goal is realistic and truly desirable." - Tonya Harding Doe

3. "I divide my resolutions into three types. First, I have my short-term resolutions. Something that I want to work on right now and have it be a temporary reset. Then I pick one or two long-term resolutions where I want to make a change in my life on an ongoing basis. Finally, I set a few intentions - things that would be nice to change but I'll be compassionate with myself if it doesn't work out." - Zippy "the Pinhead" Doe

4. "New Year's resolutions are a strange bird. There will surely be scant resolve to see them through. But the thought was nice. And you can do it all over again next year." - Pete Townsend Doe

5. "Instead of making resolutions, I pick a word to inspire my intention that year. For 2022, my word is 'connection.'" - Olga Korbut Doe

6. "I generally bat .300 for my intentions. About a third of them make it to the finish line. In baseball, that batting average would make me worth \$20 million a year. So not bad." - Johnny Bench Doe

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