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## Funny new year resolutions quotes

Did you know that you don't have to wait until January 1 to start with new or refreshed resolutions? (Yes, I don't...) I often tell myself I'll start on a Monday or next month. Or after my birthday, I'm going to decide... But I'm done stalling. I'm also done with the New Year's resolution. I've never had this idea before, and as I'd say to myself, I'm going to start next week, it's not true. By January 15, I had slipped back and metaphorically kicked myself because I'm not doing better. Then I'm stalling again. Instead, change begins today. I recently started reading Rebekah Lyons's wonderful book called Rhythms of Renewal: trading stress and anxiety for a life of peace and purpose and I was immediately addicted to its practical guideline. My first thought was that I would start the practice of mindiness in January - you know, because things are so busy with the holidays at the moment. And then I did something really crazy. I started on Tuesday on a date that didn't start with one! Then I had the privilege of taking part in a health check at work and caught me telling my friendly sister that her scale was broken. My mind said: note to myself - start with the January extract and cut sugar after Christmas, but instead I'll do something radical, and start today. Thursday. The bigger message I'm learning is that I don't have to wait until tomorrow to do what I'm supposed to do today. I keep putting off things that will give me healthier, probably better lives, I wouldn't have to wait. We must not allow the culture of New Year's resolutions or anything else to stand in the way of the next step. What's this for you? Do you want to start the squad, or meditate in the morning? Or maybe you're excited about a new hobby or an area of passion. Do you want to read more or negotiate with family or friends you haven't connected with? Whatever it is for you; I encourage you not to wait until the new year. Today is the day! [www.asteintherightdirection.live](http://www.asteintherightdirection.live) This post comes from the COMMUNITY TODAY Parent Team, where all members are welcome to publish and discuss parental solutions. Read more and join us! Because we're all in this together. Remember on January 1, when you were ready to turn over a new leaf? It is now mid-January and you are most likely to have already broken your resolution. That's why I'm saying that if you never make up your decision, it's never going to fail. In the video above, I explain all the reasons why New Year's resolutions just don't work. If you want to feel better in some way, start whenever you want – not on January 1, like everyone else who crams into a salad bar. This centuries-old pagan feast (among other things) honors the dead, believing that their spirits have easy access to the world of the living in the time of Samhain. It was interesting to explore and write task because I am one of those people who makes a long list of detailed resolutions every year and then immediately stocks it. This year, however, I think I'm going to break down the list and break down each item into less difficult steps and then get to the deadlines that I can mark in my Google Calendar and ToDoist, the website I use to organize my work assignments. I've tried this approach with my training goals, and it seems to work pretty well. Related articles Action for Good Luck. Where to start. [Actionforhappiness.org](http://Actionforhappiness.org), ruthless. (Dec. 10, 2012) Susan. How to stop procrastination. [Forbes.com](http://Forbes.com) Dec. 16, 2010. 2010 (Dec. 10, 2012) Psychological Association. Dismissal: sampling of research results. [Apa.org](http://Apa.org). 2006. (dec. 10, 2012) Dana. Revolution in college: think freely. [Thestreet.com](http://Thestreet.com) November 21, 2012 (Dec. 10, 2012) statistics. 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