I'LL KEEP MY HABITS

A new year, a new you? So many of us have the best intentions at the beginning of the year to either lose weight, quit smoking or to live a healthier life style.

I always want to do better in the new year, but, I, too, look at my habits and although I want to change them, I lose interest before the end of year. I think I usually just say, "Hmmmm. If I haven't changed myself so far in my lifetime, it is getting a little late to do it now."

Don't get me wrong. We are never too old for New Year's resolutions, however it is often said, "promises are made to be broken."

According to a report there is a list of the most common New Year's goals and resolutions that people make, but fail to achieve. Then there are also some resolutions that deals with habits we want to stop doing.

The most common New Year's resolution that men and women both make and break is losing weight. Gone are the days when "fuller" bodies were more appreciated and deemed healthier.

The real definition of physical fitness today involves that well-toned body and muscles. Well that lets me out, because I can't seem to fight the urge for my sweets like those big bags of sour worm candies and fatty foods. So that will not be one of my resolutions this year.

The next most common resolution that is made and broken is to save money and be more careful with spending habits.

In order to save money it appears that we may need to learn to give up life's simple pleasures. No way. This means I can't eat in fancy restaurants, buy a lot of make-up, buy my weekly gossip papers or that fancy pair of jeans I just have to have. No, my money burns my pocket too much to make that resolution.

Another thing a lot of people put on their New Year's resolutions is to be kinder and to be a people person.

To be a people person involves being especially good at interacting with others and being able to communicate. I have always been a so-called people person and I thrive on the "gift of gab." My resolution will probably be to bite my tongue.

Another popular resolution for the coming year is to learn something new. With constant changes in technology, we almost have to keep this promise if we want to be in the know.

I love learning about new ideas, trying new adventures, and speculating about what could or could not happen. This is an easy resolution for me to make as I am naturally curious about everything.

Now there are also resolutions on what you may want to stop doing. Some of these may be watching too much TV, betting on the lottery, drinking, smoking, being late for appointments and eating too much.

Of the resolutions listed above, the hardest for me to keep would be to promise not to eat too much or to never be late. So that leads me to ask this question, "Should we at least attempt to make New Year's resolutions and hope for the best. Or, do we just not make them and not worry?"

Personally, I feel it is everyone's decision as to what they want to stop doing or try doing. As for me, I guess I am bad cause I like to eat, spend money, play the lottery and watch TV.

What about you? Do you make New Year's resolutions and keep them? If you do, I will give you a Penny for your Thoughts. If you don’t, I will give you a Penny for Your Thoughts anyway.