

Post Independent

A new year, and a new you

It's not too late to make those New Year's resolutions

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GLENWOOD SPRINGS, Colo. — Like an actor in a play, a New Year's resolution can take on different personas.

If health or fitness is involved, it can be a life saver. If money is the focus, a resolution can be a real thorn in the side - especially for shopaholics. If love is in the air, a resolution could lead to either marriage or heartbreak.

Like the glowing ball that drops in Times Square at midnight, the New Year's resolution is a mainstay of American culture. Most people make their resolutions around Jan. 1, but I'm a habitual procrastinator. So here are my lucky seven for '07:

1. Exercise more and eat less junk. The thighs don't lie. And neither do the jeans that require sucking in of the stomach and pliers to zip them up, à la "Dazed and Confused." The best solution is to take the healthy route with exercise (I'm thinking yoga's more my style) and less fast food.
2. Save more and spend less. That's easier said than done, of course, but it's possible. My friend Susan is always telling me to budget, so I think I'll finally follow her advice and get organized financially this year. Is that a pig in the sky?
3. Travel, travel, travel. There's a whole world out there waiting to be explored. I hope to visit places I've never seen, eat food I've never tasted, and just experience other cultures. As the saying goes, "You only live once." I say make the most of life aboard a cruise ship, hiking in a tropical rain forest, or skiing new terrain. Bon voyage.

There's still time: Tips for making good on New Year's resolutions

According to myGoals.com, there is a right and wrong way to make a New Year's resolution. These expert tips can help ensure your resolutions actually make a difference:

- Create a plan: Setting a goal without formulating a plan is merely wishful thinking. For a resolution to have resolve, it must translate into clear steps to be put into action.
- Create your plan immediately: Most people have a limited window of opportunity during the first few days of January to harness motivation. After that, most people forget their resolutions completely. It is imperative to begin creating a plan immediately.
- Write down your resolution and plan: MyGoals.com exists to help people formulate a plan and stick to it. Even if you don't use myGoals.com, commit to a resolution and plan to writing about it someplace, such as a notebook or journal.
- Think year-round, not just New Year's: Nothing big gets accomplished in one day. Resolutions are set in one day, but accomplished with a hundred tiny steps throughout the year. New

4. Career development. I'm a huge proponent of this one. I recommend nurturing skills with training and education, expanding foreign language capabilities (i.e. learning Spanish), or maybe even taking a completely new path. Most of all, love what you do for a living. It will make a difference in all facets of life, I promise.

5. Enjoy more time with friends and family. This can be tricky if you're like me and live across the country from relatives. Do your best to visit as often as possible - maybe plan get-togethers at halfway points. For me, that's somewhere around Topeka, Kan. At least there's a Kohl's.

6. Improve interpersonal relationships. Admittedly, I'm not so good at the relationship thing. I've failed miserably at most. There have been some good ones along the way, and I'm confident love and happiness go together. Practice makes perfect, right?

7. Time management and organization. Sometimes there isn't enough time in the day to get everything done. That's why I need a personal assistant. That's highly unlikely - unless I can whip up a best-selling novel in the next few months. For me, the best way to manage time is by planning out each week, breaking it down by things to do, meetings to attend, places to be, etc. So far, it seems to be working out well. And it helps my editor from wringing my neck.

And this year, I'll take heed the words of fellow Hoosier James Dean, who said, "Dream as if you'll live forever. Live as if you'll die today."

Kimberly Wilson's "Hip Tranquil Chick: A Guide to Life On and Off the Yoga Mat" may help those New Year's resolutions become reality.



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Hippy chick

In her new book, "Hip Tranquil Chick: A Guide to Life On and Off the Yoga Mat," yoga goddess Kimberly Wilson discusses how to create a passion-filled, yet truly tranquil life through the practice of yoga, taking the practice beyond the asanas and into modern life - from career and relationships to finance and style. Wilson discusses how yoga helps her to juggle multiple responsibilities with ease, find balance, maintain a strong sense of community, and achieve success as a driven business woman. Buy it online for \$16.95 at www.innerocean.com.

Year's resolutions should be nothing more than a starting point. Develop a ritual or habit for revisiting your plan.

- Remain flexible: Expect that a plan can and will change. Flexibility is required to complete anything but the simplest goal. Recognize partial successes at every step along the way. Just as a resolution isn't accomplished the day it's stated, neither is it accomplished the day the goal is reached.

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Source: www.myGoals.com