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Subject: 2018

Posted by [johnnycamp5](#) on Mon, 01 Jan 2018 15:18:42 GMT

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Happy New Year!

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Subject: Re: 2018

Posted by [Wayne Parham](#) on Mon, 01 Jan 2018 18:39:44 GMT

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Yes, Happy New Years to all!

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Subject: Re: 2018

Posted by [Stephan](#) on Mon, 29 Jan 2018 23:58:04 GMT

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First month of the year is over. So, what's happened to those New Year's resolutions? I'll bet 90% of them have been forgotten already. Am I wrong?

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Subject: Re: 2018

Posted by [Pique](#) on Wed, 31 Jan 2018 02:50:35 GMT

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Not very! I have already backslid a little bit, but I am trying to focus more on what I'm doing right than what I'm getting wrong.

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Subject: Re: 2018

Posted by [Lohan](#) on Wed, 31 Jan 2018 19:31:55 GMT

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That's the way to go, Pique. A lot of people beat themselves up too much and end up demoralizing themselves. I think we overestimate what we can do in one year, and grossly underestimate what we can do in a decade. We should rather set 'Decade' goals than yearly goals, don't you think?

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Subject: Re: 2018

Posted by [gofar99](#) on Wed, 31 Jan 2018 20:43:50 GMT

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Hi, I stopped making them a few years back. It seemed to me that most were related to being a better person or somehow improving yourself, perhaps physically. Since I strive to do that all the time resolutions were redundant. I am certainly not perfect, but making an annual pronouncement to do better was not necessary.

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Subject: Re: 2018

Posted by [johnnycamp5](#) on Thu, 01 Feb 2018 00:01:44 GMT

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Same as Bruce, I stopped making those resolutions long ago and I have had better success at meeting both short term and long term goals.

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Subject: Re: 2018

Posted by [SpeakUp](#) on Tue, 27 Feb 2018 19:29:15 GMT

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I really like making resolutions, even if I don't fulfill them. I usually aim more for "life goals" rather than things that I can change right away. I don't quit habits or start new activities, but just try to tell myself things like "be kinder and more appreciative" or "find a new skill to learn." I don't stress out about them. It's really more about looking at my life and where I believe there's room for improvement, you know? Apparently, I have a lot of room for improvement since I have a list of 50+ goals.

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