Subject: 2018
Posted by johnnycamp5 on Mon, 01 Jan 2018 15:18:42 GMT
View Forum Message <> Reply to Message

Happy New Year!

Subject: Re: 2018
Posted by Wayne Parham on Mon, 01 Jan 2018 18:39:44 GMT
View Forum Message <> Reply to Message

Yes, Happy New Years to all!

Subject: Re: 2018
Posted by Stephan on Mon, 29 Jan 2018 23:58:04 GMT
View Forum Message <> Reply to Message

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?

Subject: Re: 2018
Posted by Pique on Wed, 31 Jan 2018 02:50:35 GMT
View Forum Message <> Reply to Message

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.

Subject: Re: 2018
Posted by Lohan on Wed, 31 Jan 2018 19:31:55 GMT
View Forum Message <> Reply to Message

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?

Subject: Re: 2018
Posted by gofar99 on Wed, 31 Jan 2018 20:43:50 GMT
View Forum Message <> Reply to Message

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.

Subject: Re: 2018
Posted by johnnycamp5 on Thu, 01 Feb 2018 00:01:44 GMT
View Forum Message <> Reply to Message

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.

Subject: Re: 2018
Posted by SpeakUp on Tue, 27 Feb 2018 19:29:15 GMT
View Forum Message <> Reply to Message

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.