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Generations



What New Year's Resolutions Are On Your List?

By Peg DeMarco - Special to The News Herald

It's that time again when many of us think about making resolutions for the coming year, so I thought I would throw a couple of statistics in the mix as we get ready to see the ball drop in Times Square and welcome in 2017.

According to www.statisticbrain.com, the top ten New Year's resolutions for 2015 were, in order of most popular: 1) lose weight, 2) get organized, 3) spend less and save more, 4) enjoy life to the fullest, 5) stay fit and healthy, 6) learn something exciting, 7) quit smoking, 8) help others in their dreams, 9) fall in love, and 10) spend more time with family.

I thought it was a little peculiar that lose weight beat out falling in love and spending time with family, so I'd like to flip that around, at least on my list, and put family and love as equals and number one on my list and finding a new place for losing weight down further on the list.

Getting organized is a little too general for me since it could mean remembering a shopping list before I arrived at the grocery store to digging into an overflowing file bin for receipts to turn over to my accountant for next year's taxes.

Spend less and save more is a tough one after the holiday season has just passed, so I'd have to add a caveat to that one by adding an effective date of at least March 1st since it takes me about that long to get the checking account back under control.

Stay fit and healthy should be linked with lose weight, so I'd put them together and continue my promise to myself that I'll somehow chip away at this mega-resolution.

Learn something exciting was ... exciting! And I'm inclined to believe that it doesn't have to do with which "real" housewife decided to snitch on another but rather delving into history, science or the arts for some new information or experience to make one feel exhilarated ... or just superior when you know the question to a "Jeopardy" answer. I proudly became a member of PBS, so that's a step in the right direction.

Quit smoking is one I wouldn't have on my list since I've never smoked, so I'd have to substitute something for smoking and it may as well be chocolate because I already know, for me, it's a tough resolution to keep. However, I hope that anyone reading this that does smoke will find a way to kick the habit for good. Do it for yourself, but also do it for those who love you.

Helping others in attaining their dreams is awesome and should be more towards the top of any list. Mentoring is important for the new generation to help young men and women thrive and prosper, so I'd like to think this resolution makes it on the lists of many people.

The percent of Americans who usually make New Year's resolutions was 45% last year, while the percent of Americans who absolutely never make resolutions was 38%, which was pretty close. The next statistic might explain why the percent who never make resolutions was so high: only 8% of people are successful in achieving their resolutions!

So, is it wise to make New Year's resolutions? Or do we set ourselves up for sure failure? Are resolutions just pipedreams without a shred of reality?

I don't know, but the statisticians also claim that even though 24% of people never succeed and fail on their resolutions each year, 49% have occasional success, which sheds some hope for us using the theory, "Is the glass half-filled or half empty?"

It also leads me to share a quote with you from Winston Churchill who may have wrestled on quite a few New Year's Eves with his own set of resolutions: "Success is not final, failure is not fatal: it is the courage to continue that counts."

P.S. A few days after Christmas, I had my sixth month checkup and was given the same twice a year advice by my very patient doctor: lose weight, so it's back up at the top of my list with Winston's quote embedded in my brain.

Happy New Year to All!

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