

# How to keep plugging on your New Year's resolution



Many people make New Year's resolutions each year, and that trend is unlikely to change in 2019. But if history is any guide, few people are likely to achieve their resolutions.

A University of Scranton study published in the Journal of Clinical Psychology found that just 8 percent of people who make New Year's resolutions achieve those resolutions. The study indicated that time may be the ultimate enemy with regard to achieving New Year's resolutions. While 75 percent of those making resolutions maintained their focus through the first week, that figure dropped to 64 percent by the end of the first month before dipping all the way to 46 percent after six months.

So how can you make this year

the year when your New Year's resolution becomes a reality? Consider the following tips.

- **Don't go it alone.** One of the best ways to realize your New Year's resolution is to enlist the help of a friend. For example, if your goal is to lose weight, then start going to the gym with your spouse or a friend who works out regularly. The buddy system can provide just the motivation you need, and having a friend there to offer support can help you stay focused on those days when your will to keep going starts to wane.

- **Be as specific as possible.** Vague resolutions leave too much wiggle room, and that can compromise your ability to achieve your goal. Set specific goals with clear benchmarks so you can celebrate your progress as the year goes on. If your goal is to save 'X' amount of money in the next year, divide that number by 12 and aim to reach that smaller figure by the end of each month.

- **Be realistic.** Some people fail to achieve

their resolutions because they simply set the bar too high. While it's good to push yourself, don't choose a resolution that's unrealistic. If you do, you may quit early if you realize you aren't making enough progress despite your putting forth your best efforts, or you might take an unhealthy approach in an attempt to circumvent some of the obstacles in your way. If your goal is to lose weight, speak with your physician first to determine a weight loss goal that is healthy and reasonable.

- **Expect a few bumps in the road.** En route to achieving your resolution, expect a few bumps in the road. Life is never entirely predictable, and there will be a few unforeseen events over the course of the year that may throw you off target. Anticipate and accept such obstacles so they don't derail your efforts.

New Year's resolutions do not always become a reality. But there are several ways to make this the year you finally realize your goals.

## Routinely update cosmetic collections

Enlisting a friend can help you make this the year you achieve your New Year's resolution.

Cosmetics are not only designed to help individuals improve their appear-

ance, but they also can be used to treat various ailments and conditions. Millions

of people enjoy the benefits that cosmetics can provide, and while cosmetics are largely considered female products, they can be used by men as well.

Makeup, skin creams, ointments, and many other items can be found in homes across the world. It's not uncommon for people to keep beauty products long after these items are past their prime without realizing that these products have shelflives. According to Jessica Wu, MD, an assistant clinical professor of dermatology at the University of Southern California, most beauty products are designed to stay fresh and stable for a limited time. Failure to routinely update makeup collections can result in products not working to their potential and even threatening health, as bacteria can hide away in containers and cause infections.

The best way to avoid any issues is to regularly go through cosmetic products, tossing out old merchandise and buying new items when necessary. This can be done every few months or at the start of the new year. The following is a listing of the shelf life of many popular items and when to replace them.

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