

# New Year: Make more meaningful goals in 2019

**THE WINCHESTER SUN**

This week millions of people will start 2019 with goals in mind to better themselves in the new year.

Some of the more popular new year's resolutions include weight loss and fitness, eating healthier, saving money and paying off debts. While each of these has their merits, they're often difficult to stick with and aren't always as impactful as we would hope. Most of the time, our resolutions are focused on outcomes and not as much on intentions. We focus on outcome of losing 50 pounds and not on the better intention of overall wellbeing. We focus on saving \$1,000 or being debt-free and not the overall financial freedom that would offer us to improve for our families.

If you're looking for a meaningful resolution or goal in the new year, here are some idea of alternate resolutions:

— Create a bucket list. Rather than focusing on a goal that may be difficult to maintain and will leave you feeling unaccomplished at the end of the year, create a list of all the things you want to do this year. The options are endless, but maybe your list could include going to a concert, planning a lunch date with a friend you want to reconnect with, seeing a new movie, trying something thrilling like zip lining or sky diving, taking a vacation or completing a project.

— Challenge yourself. Think of a 365-day or even 12 monthly challenges. For example, you

could create a list of 12 things you'd like to accomplish this year that could be complete in a one-month time frame. Think of things like decluttering in January, completing an art project in February, planting a garden during the spring or reading an entire book. Or if you want to aim for something bigger, think of something that may take you the whole year to complete, like writing the draft of a novel or learning a new language.

— Create a list of things to look forward to. Rather than focusing on things that you want to do, create a list of things that are already planned that you look forward to. Maybe that could be welcoming a new family member through a birth or a marriage, a loved ones' graduation, an annual family vacation, etc.

— Pick a word or phrase to live by. At the start of the year, select one word or phrase by which you would want to frame each day, each decision you make for the next year. Write it on a piece of paper, a sticky note, on your bathroom mirror, on a note in your car, at your work desk, wherever you will see it and be reminded to stick to it this year.

— A 365-day project. Dedicate yourself to doing something every day of the year. That could be taking a photo of something that made you smile each day and posting it to social media with a unique hashtag and looking over them at the end of the year. It could be writing something that happened to you each

day on a small slip of paper and dropping it into a piggy bank or a jar and revisiting them on the following New Year's Eve. Maybe it's giving one compliment to a stranger or someone you know each day of the year. Again, the options are endless.

— Commit to something/someone other than yourself. Make a plan to give back to others. Decide to donate what you would spend on coffee each day to a local charity. Devote an hour a week to volunteering for an organization you believe in.

— Focus on something you already do well rather than something you need to change. Rather than making a list of things you want to change about yourself, make a list of things you're good and how you can spend more time on those things. Maybe you're a talented artist who needs dedicate an hour a week to painting or photography. Perhaps you're a skilled athlete who would be happier and healthier if you could devote each Saturday morning to taking a long run or playing a game of pick-up basketball, etc.

These are just a few quick ideas to jumpstart some brainstorming for our readers as we start a new year that is full of hope and promise. We wish the best for each of our readers, neighbors and loved ones.

We love the idea of a fresh start, a new beginning and writing a new chapter. This year, let's all try to select some resolutions that will have maximum impact in the most meaningful ways.



## I am happiest when...

*By Roving photographer Clevis Jeffries*



**"I see my children and grandchildren smile."**  
—Sharon Jaggers



**"I'm with the kids."**  
—Megan Whitlow



**"I attend church."**  
—Danielle Ing



**"I am with my family."**  
—Angie Escudero



**"I am doing artwork."**  
—Adam Munson



**"I am with my kids."**  
—Tabitha Hazenstab

## What's Happening

All times are Central

### Weekend

#### Family Nature program

The Library will continue their Family Nature Program with Mikayla Groce on Friday, January 11, at 2 p.m. This month's subject will be squirrels of Kentucky, with an accompanying craft.

### Happening Soon

#### Color Me Calm

Color Me Calm, an adult coloring program, takes place at the Green County Public Library every Thursday at 10 a.m.

#### Chair exercise event

Join the Green County Public Library every Tuesday, from 1 to 2 p.m., for Chair Exercises.

#### New Year Challenge

Join in the New Year Challenge at the Green County Public Library Monday, Jan 14, at 10 a.m. Participants will receive a calendar with monthly challenges to complete.

#### Los Agaves fundraiser

Los Agaves is having a fundraiser day for the GCHS Alumni Scholarship Tuesday, Jan. 15. A portion of the day's sales will be donated to the scholarship fund. This organization gives one \$1,000 scholarship to some deserving graduating senior at class night each year. The 2019 senior will be the 5th scholarship recipient.

#### GCPL Board meeting

The Green County Public Library's monthly Board Meeting will take place Tuesday, Jan 15, at 3 p.m.

#### GCHS SBDM Council

The Green County High School Site Base Council will meet Wednesday, Jan. 16 at 4 p.m. in the conference room at the high school.

#### Diabetes 101

Diabetes 101 Just the Basics will be held at the Green County Health Department Thursday, Jan. 17 from 10 a.m. – 12 p.m. The class is free but pre-registration is required, 1-800-928-4416, ext. 1166.

#### VFW meeting

The regular monthly meeting of the James L. Pruitt Post 5813, VFW and Ladies Auxiliary meeting will be Jan. 17 with a meal starting at 6:30 p.m. at the Post home, 150 Hidden Valley Road, Greensburg. Members and anyone interested in joining either organization are encouraged to attend.

#### BOE Public Forum

Green County Board of Education will be having their annual public forum at the Green County Board of Education office Jan. 18 at 1 p.m. to assess the current Local Wellness Policy. Anyone who is interested is invited to attend.

#### ATC Open House

The Green County Board of Education will hold an open house Jan. 22 from 10:30 a.m. to 1:30 p.m. at the Green County Area Technology Center. The Board will sponsor a brief summary of the project, tours of the facility, and a luncheon in order to promote the Work Ready Skills Initiative. For directions and additional information, please call 270-932-6601.

#### GCPL goes to paint

Meet at Paint and Party in Campbellsville on Thursday, Jan. 24, at 1 for a program sponsored by the Green County Public Library painting a snow scene. Space is limited to 12 adults. You can register by calling 270-932-7081.

*What's Happening items are published two consecutive times prior to the event. Please submit items to [news2@record-herald.com](mailto:news2@record-herald.com) or drop them by the office, 102 W. Court Street, Greensburg.*

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