

**7**  
simple  
WAYS

to start the  
year with a  
**BANG**  
(EVERY DAY)

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**W**E'VE ALL BEEN THERE: The guilt of making resolutions to kick-start the New Year and then within days (worst case: hours) abandoning our best intentions only to fall back into familiar habits. Otherwise perfectly reasonable people use the first day of the year as the big "do over"—an opportunity to make good on the prior year's performance. But those of us utterly lacking in sticky resolve need more reason to stay the course than a round of *Auld Lang Syne*. How come Lent couldn't be bumped up a few months?

Tired of feeling defeated by her failure to

stick to her resolutions, one friend capped last New Year's list to one line item: Make a new salad dressing. While that sounds fairly unstoppable, life changes got in the way. It was Thanksgiving before she could get to the grocery store to buy oil and vinegar to whisk with honey. She opts for bottled dressing now.

This year, start small and build on your resolve. Consider every day a do over. Pick just one of the following suggestions (or make up your own) and see that one thing through. Go easy on yourself and see if that doesn't result in your feeling more accomplished or even healthier as we begin a new year. ●

**1**

Throw out one thing in your closet that's too tight to wear. You won't ever have to worry about trying to fit into it again.

**2**

Put a book in your car that you've been yearning to read. You are now prepared for the inevitable: waiting on someone, sometime.

**3**

Give your teenage daughter something from your jewelry box to wear to remember you now, not later.

**4**

Make pancakes in the shape of continents and ask your kindergartner to tell you what country he's eating. It's easier than perfect circles.

**5**

E-mail a co-worker and compliment their latest effort on a group project. Copy the rest of the team. You might start a wave.

**6**

Trump the sense that you have no room for anything else in your life by practicing Feng Shui—dump out one junk drawer. Something new is bound to show up.

**7**

Buy two bottles of your favorite salad dressing and give one to a friend. For no reason whatsoever.

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