

# UTAH SUPPLEMENT

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## New Year's Resolutions

Another year has come to an end, and another has just begun. So, now that the new year is here, what resolutions are you going to make? Making New Year's resolutions is a time-honored tradition all around the world. We all hope for a better future--especially when the year we're leaving behind has been a tough one.

According to research on the topic, about 60 percent of us admit that we make New Year's resolutions but only about 8 percent of us are successful in achieving them. Regardless of whether we achieved our previous resolutions, most of us go right ahead and make a new set of resolutions --hoping for the best.

Here are a few more interesting facts about New Year's resolutions:

- Saving money is one of the top five New Year's resolutions and also in the top five for most commonly failed.
- More than half of respondents said they fail their resolution before January 31.
- Women make health-focused resolutions while men pledge to find a new job and lay off the alcohol.

So, what are we all wishing for in 2019? Here are the top 10 New Year's resolutions according to a survey of 2,000 people:

1. Diet or eat healthier (71 percent)
2. Exercise more (65 percent)
3. Lose weight (54 percent)
4. Save more and spend less (32 percent)
5. Learn a new skill or hobby (26 percent)
6. Quit smoking (21 percent)
7. Read more (17 percent)
8. Find another job (16 percent)
9. Drink less alcohol (15 percent)
10. Spend more time with family and friends (13 percent)

### Start small

Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

### Change one behavior at a time

Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

### Talk about it

Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

### Don't beat yourself up

Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track

Edited by Jay N Mitchell, Deputy Grand Commander