

January: Resolutions vs. Commitment



Happy New Year! Should old acquaintances be forgotten, and never brought to mind? What are the old acquaintances that are song about each year at the stroke of midnight? The old acquaintances are those resolutions made each year. On principle, resolutions sounds like a reasonable concept, one that would spur on a new life of healthy habits – no smoking, nutritious eating, sticking to a budget, getting regular exercise, and spending more time with loved ones. A study conducted in 2012 by the University of Scranton, stated that 45% of Americans set resolutions. However, the success rate of these yearly proclamations is dismal. Over half of the people who set resolutions fail by March of that year. Why is the failure rate of resolutions high?

Let's look at both words by definition:

- Resolutions mean the firm decision to do or not to do something.
- Commitment is the act of committing, or the state of being committed

To understand the definition of commitment, we analyze the root word commit.

- Commit is to carry out, to do, perform

If we could stand the words next to each other, commitment is a giant compared to resolution. Resolutions or decisions are made every year, every month, everyday, every hour, every minute, and every second. People make resolutions to get out of bed everyday. The action of getting out of the bed is the commitment. People who commit are performers.

Make 2013 an exceptional year. Make resolutions but carry out the commitment. Some key commitments to consider in 2013:

- *Stop dieting and live healthy:* Making small changes can add up to a big difference. Adding a new fruit or vegetable to your meals such as Asian pear or Wheatgrass. Incorporating a new physical activity to your day: move side to side while brushing your teeth
- *Become a Blood Donor:* It's the gift that keeps on giving. Every two seconds someone in the U.S. needs blood. Recent studies have found that donating blood is always good for your own health. According to a new study published by the American Medical Association, found that donating blood every six months would lead to fewer heart attacks and strokes.

- *Get an annual eye exam:* Your eye doctor is not only determining your prescription for eyeglasses but is checking to ensure your eyes are working as a team, and for common eye diseases. Some studies have shown that half of the people are living with glaucoma and are not aware. An eye exam can be the great indicator of your overall health.
- *Dental and Oral Exam:* Have your teeth cleaned every 6 months. Did you know problems in your mouth can lead to other health problems? The mouth is full of bacteria, most of which are harmless. The natural defense of the body along with good oral health keeps these bacteria under control. Poor oral health can contribute to following diseases: endocarditis, cardiovascular, osteoporosis, premature and low birth as well as Alzheimer's.
- *Annual Physical Exam:* Annual exams are vital part of preventing illness and ensuring a long healthy life. Health professionals can use an annual exam to keep abreast of signs and symptoms that could lead to a serious illness.
- *Self Development:* Allows you to become more productive, get into the positive state of mind and achieve better quality of life. Positive people can inspire, empower and have balance peaceful lives.
- *Live on Purpose:* Your job is what you get paid to do; your passion is your calling. Knowing your purpose focuses your life. You become effective by being selective.

Do an internal investigation to find out who you are and recognize your limitations. The most important relationship you have is with yourself. You can not change what you will not acknowledge. Commit to making positive changes in your life. Live everyday like its New Year's Eve! Understand that your well-being is the greatest gift you can receive and that it is a blessing to have the opportunity to give yourself (and loved ones) that gift every day.