

e-Thoughts — My New Year's resolution

January 2016 Newsletter



Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

This year I'm not resolving to lose 50 pounds, look 10 years younger or change the world. I'm resolving to do something pretty simple: read more.

I love to read but I often have excuses why I can't. There's the "lack of" excuse — meaning mostly time and energy. And then there's the "too much" excuse: too much laundry to do, too much work or too much of just about anything.

But I realize I'm only cheating myself by not reading. Like my daily exercise, shower and meals, reading should be part of my routine. Why? Reading makes me really happy.

It breaks up boredom, opens my mind to new ideas and makes me feel better about myself. Books are a great conversation starter too. So even though reading is a solitary activity, it actually helps me be more social.

My goal for 2016 is to read two books per month. I hope I can beat that, but I'll be happy if I achieve it.

What are your goals for the New Year? Are they things that will make you feel happy and better about yourself? Let's all give it our best shot!