

e-Thoughts — We're already halfway through 2016!

June 2016 Newsletter



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

Believe it or not, 2016 is almost half over. The end of June marks the six month point past the hoopla of the holidays — and New Year's resolutions.

It seems like a perfect time to stop and consider: Are you living the life and making the changes you planned six months ago?

- If the answer is yes, nice work!
- If the answer is no, have no fear: You still have six months to go!

For myself, I would say I'm on track with some of my resolutions but not all. I promised myself to walk more and I've done that. I'm up to two miles every other day. Not only do I feel better about myself, but I'm getting lots of quality time with my dog.

I also promised to stop biting my nails. That hasn't gone so well. In fact, I've made and broken that promise several years in a row. But, hey, there's always the next six months – or next year!

Remember, there's nothing magical about making resolutions on January 1. Any day in June will work just as well. You can call them "Mid-Year resolutions." Maybe you'll even start a new trend!