

So, It's January and time for New Year's resolutions. Mmm.hmm. Who really makes them or keeps them? Not many I'll bet. Let's make a list of maybes or could bes .

1. R-- Read More. I already read a lot.
2. E-- Eat less. I don't eat much now. Although to look at me you'd never guess that about me.
3. S-- Spend less. I'm already thrifty. Some might say cheap.
4. O-- Only think good thoughts. I try to do that but sometimes it's really hard to do.
5. L-- "Live like tomorrow may never come" as the saying goes...at my age that could be true. Ha! Ha!
6. U-- Use everything that you can to your best advantage. I try to do that too.
7. T-- Take time to listen. I know that I like to talk- really? –but I listen too. Honest.
8. I-- Inhale some of the fresh mountain air that we have in abundance. I go out at night in the fall and winter and just take a deep breath of cold, clear air. Obviously you can't do this in the spring and summer as the air is usually damp, humid or just plain hot.
9. O-- Order. Oh boy. This one I could never keep unless you can call chaos orderly. My life always has some sort of problem or deadline.
10. N-- Never ever give up on your friends. I love my friends and I always try to be there for them.
11. S-- the last of the list should be easy, right? Wrong. So I thought and I thought and I came up with S to stand for Stand by what you believe. I do that. I always tell people if you ask me for my opinion I'm gonna tell you.

Since I already do most of the above with no problem I think that I'm okay with this whole resolution idea.

Til' next month- Happy New Year.

~Judy~