



## 12 resolutions for 2012

It's human nature to want to wipe the slate clean and start anew every so often — and what better time to do so as one year comes to a close and another begins anew?

### Here are my goals for the new year:

- 1. Eat less. Move more.** Four simple words — but ones that are much easier to write than do. A wise man once quipped, “Fitness is the past tense of fatness.” I’m just hoping it can serve as the past *and* future tenses.
- 2. Spend less. Save more.** The cost of food, fuel, utilities, medical care and education will continue to climb — Great Recession or not. The good news is if I’m successful at Resolution 1, it automatically will fortify my efforts regarding Resolution 2 (*sans pizza delivery costs*).
- 3. Talk less. Listen more.** God gave each of us two ears and one mouth for a reason. Growing up with nine siblings, interruptions often seemed my only way to pry into conversations. Now that I’m allegedly “all grown up,” I have to constantly remind myself to take the cotton out of my ears and put it in my mouth.
- 4. Take less. Give more.** I’m not where I could or should be with this one, but I do experience magical moments of getting out of self and getting into others. My oldest brother, Jim, tried to help three people each day and not let anyone know about it. If others discovered his good deeds, they didn’t “count.”
- 5. Worry less. Pray more.** The worrying comes and goes, as does the praying. But the praying is gaining steam while the worrying is stalling. Perhaps they’re inversely related.
- 6. Work less. Play more.** If we work smarter, we can spend less time at work, more time at home, and be more successful on both fronts. No one on his deathbed ever said, “I really wish I had worked more.”
- 7. Grump less. Smile more.** I need to adopt an attitude of gratitude and carry it with me throughout each day. I’m blessed beyond belief. I need to cherish every moment I have with the special people, gifts and grace God showers upon me at home and at work.



- 8. Weep less. Embody more.** Grieving over the loss of loved ones is natural, but we better honor their memories by trying our best to embody the very traits we miss most about them.
- 9. Improvise less. Plan more.** A host of professional to-dos fall under this goal, including improving communication, strategic planning and tactical execution. “Winging it” is not a plan.
- 10. Order less. Coach more.** When it comes to effectively communicating our business vision, experience and expectations, *how* we share these is as important as *what* we share.
- 11. Bark less. Howl more.** Life is all about perspective. As Charlie Chaplin once said: “A day without laughter is a day wasted.”
- 12. Nap less. Live more.** Now’s not the time for napping. See Resolutions 1-11.