

## Making the impossible possible

*From looks to lifestyles, students find ways to keep their New Year's resolutions*

By Kelcey Rieger

THE BATTALION

When the clock struck midnight on New Year's Eve, Harrison Tucker, a sophomore history major, made his New Year's resolution for 2002.

"I've made a resolution to be more friendly and control my anger," Tucker said. "So far this year I have accomplished this. There have been instances where I had to step back and control what I said or did and doing this has really benefited me."

The Christmas holidays are a time of indulgence, but when the ball drops on New Year's Eve, all bets are off. Resolutions, to many people, are ways to lose those few extra pounds, quit smoking, exercise more or just become a new person.

"Last year, I made a resolution to lose weight and build muscle," Tucker said. "I accomplished losing weight, but did not build the muscle I hoped."

Many times people make resolutions, but these resolutions lose importance as the year goes on. Time, temptation and lack of motivation prevent many from keeping their resolutions.

"A resolution is hard to keep because very seldom are people bound to their commitment, making it easy to break," Tucker said. "People always believe they have tomorrow, but when the year ends most people are forced to roll their previous resolution over to the next year, but I am usually semi-successful because I try to remind myself constantly about what I want and what I need to do in order to attain it."

Holly Hughes, a junior information systems major, made a resolution last year but found it hard to make her resolution a reality.

"My resolution last year was to go to the [Student Recreation Center] more often, but I didn't keep it," Hughes said. "I also made another resolution to cut down on the number of Cokes I drank

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everyday but couldn't do that one either, because I like them too much."

People are often dismayed by their inability to keep a resolution and become discouraged about making resolutions the following year.

"Since I never seem to keep my resolutions, I didn't make one this year," Hughes said. "Going to the Rec center wasn't a routine for me, and I couldn't make myself continue to go everyday. Therefore, if I made the resolution for 2002, how do I know I would keep it?"

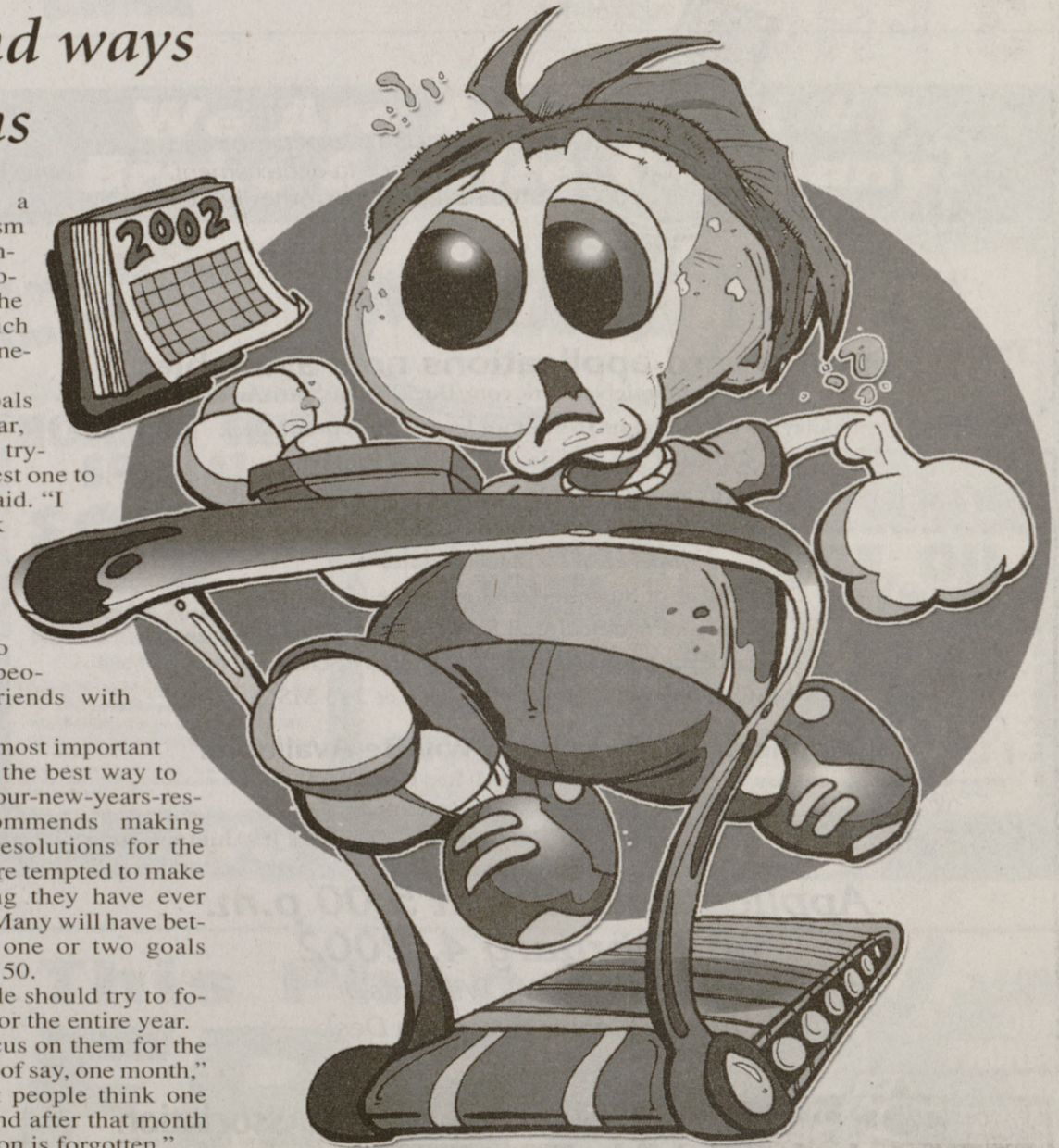
Christen Dyess, a sophomore journalism major, has been contemplating her resolution for 2002. She cannot decide which resolution would benefit her the most.

"I have many goals in mind for the year, and right now I am trying to choose the best one to focus on," Dyess said. "I always try to work out more but it never works so this year I will focus on my social life. My goal is to meet a lot of new people and remain friends with them."

Focusing on the most important resolution is often the best way to go. How-to-keep-your-new-years-resolutions.com recommends making only a couple of resolutions for the new year. People are tempted to make a list of everything they have ever wanted to change. Many will have better luck fulfilling one or two goals rather than a list of 50.

Dyess said people should try to focus on their goals for the entire year.

"You have to focus on them for the whole year, instead of say, one month," Dyess said. "Most people think one month is enough and after that month the goal or resolution is forgotten."



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