

## 5 of the Top New Years Resolutions That Make the Lists

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Happy New Year! With love, Tammy Taylor

5 of the Top New Year's Resolutions That Make the Lists Every Year....

- Enjoy More Quality Time with Family & Friends
- Stick to a Budget
- Debt Reduction
- Get Organized
- Lose Weight and Get in Better Physical Shape

Would you like a 10x bigger advantage keeping your New Year's Resolutions in 2010?

USA Today reported on a study a couple of years ago. First, researchers selected people who made New Year's resolutions. Then they divided these people into 2 categories:

- Those who made New Year's resolutions and **wrote them down, and...**
- Those who made New Year's resolutions **but Did Not write them down.**

Twelve months later, the researchers followed up on the people who participated in this study. **WHAT THEY FOUND WAS ASTONISHING!**

Of the group of people who made resolutions but **DID NOT WRITE THEM DOWN,**

- **Only 4% actually followed through on their resolutions.**

**HOWEVER, among the group of people who made resolutions (goals) and DID WRITE THEM DOWN...**

**44% FOLLOWED THROUGH**

**THIS IS an INCREASE of OVER 1100%!!**

*I know this may sound too easy, but let's put it to the test; write down your Resolutions (Goals) today, and make a copy; or email them to me, and in 2011 we will see how many of our Resolutions we were able to keep.*

*Remember, set realistic resolutions (goals) and make baby steps; if you get off track,*



*don't quit, just start again where you left off.*

*My New Year's Resolution is going to be:*

*Keep everything in perspective and when things start going too fast, I will not forget what is really important;*

*My Faith, My Family, and My Friends*

***“Happy New Year 2010”  
with love,  
Tammy Taylor***

**1 Corinthians 10:13**

*But remember that the temptations that come into your life are no different from what others experience. And God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, he will show you a way out so that you will not give in to it.*