

# SEPTEMBER'S RESOLUTIONS

## POSSESSIONS

	Cultivate a shrine	Go shelf by shelf	Read the manual		
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# OCTOBER'S RESOLUTIONS

## MARRIAGE

	Kiss in the morning, kiss at night	Give gold stars	Make the positive argument	Take driving lessons	
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# NOVEMBER'S RESOLUTIONS

## PARENTHOOD

	Under-react to a problem	Plan Wednesday adventures	Give each other warm greetings and farewells	Enter into the interests of others	
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# DECEMBER'S RESOLUTIONS INTERIOR DESIGN

	Detach from "leeches"	Dig deep	Respond to the spirit of a gift	Abandon my self- control	
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# JANUARY'S RESOLUTIONS TIME

	Control the cubicle in my pocket	Suffer for fifteen minutes	Guard my children's free time	Go on monthly adventures	
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# FEBRUARY'S RESOLUTIONS ATMOSPHERE

	Embrace good smells	Ask for a knock, give a knock	Celebrate holiday breakfasts	Jump	Try acupuncture
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# MARCH'S RESOLUTIONS

## FAMILY

	Follow a threshold ritual	Have a difficult conversation with my parents	Plan a nice little surprise	Collaborate with my sister	
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# APRIL'S RESOLUTIONS

## NEIGHBORHOOD

	Be a tourist without leaving home	Practice non-random acts of kindness	Find my own Calcutta	*Create a secret place	
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# MAY'S RESOLUTIONS

## NOW IS NOW

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# JANUARY'S RESOLUTIONS: Clear My Closets (boosting my energy)

*“Order is Heaven’s first law.” —Alexander Pope*

	Clear my closets	Tackle a nagging task	Keep a food diary	Restore, maintain, organize	Use my to-do list	Identify the problem	Follow the “one-minute rule”	Observe the evening tidy-up
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FEBRUARY'S RESOLUTIONS: Quit Nagging (working on my marriage)

*“It is easy to be heavy; hard to be light.” — G. K. Chesterton*

	Quit nagging	Don't expect praise	Take time to be silly	Fight right, no snapping	Don't make Jamie my dumping ground	Give proofs of love	Think of small treats or courtesies	Leave things unsaid
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# MARCH'S RESOLUTION: Launch a Blog (working on career and leisure)

*"I must do the work that I am best suited for . . ."* — Edward Weston

	Launch a blog	Be Gretchen	Push myself	Think big	Take daily steps promote the book / blog	Follow my curiosities	Avoid time-wasters	Take time to wander and play
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**APRIL'S RESOLUTION: Sing in the Morning (working to be a better parent)**

*“That very night in Max’s room a forest grew and grew—and grew until his ceiling hung with vines and the walls become the world all around . . .” — Maurice Sendak*

	Sing in the morning	Cultivate rituals and traditions	Spread family cheer	Listen, engage! Put down mybook!	Re-frame	Acknowledge the reality of other people’s feelings	Be a storehouse of happy memories	Take time for projects
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MAY'S RESOLUTION: Remember Birthdays (cultivating friendships)

*“Of all the things that wisdom provides for living one’s entire life in happiness, the greatest by far is the possession of friendship.” — Epicurus*

	Remember birthdays	Say hello, use good manners	No gossip	Listen, smile, stop talking	Cut people slack	Bring people together	Work to make new friends	Show up
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# JUNE'S RESOLUTION: Eat a Peach (challenging myself)

*“Between the ages of twenty and forty we are engaged in . . . learning the difference between accidental limitations which it is our duty to outgrow and the necessary limitations of our nature . . .” — W. H. Auden*

	Eat a peach	Lay the groundwork	Ask for help	Act as I want to feel	Learn new skills	Take time for mini-adventures	Work on my extracurriculars	Work on ideas for a column
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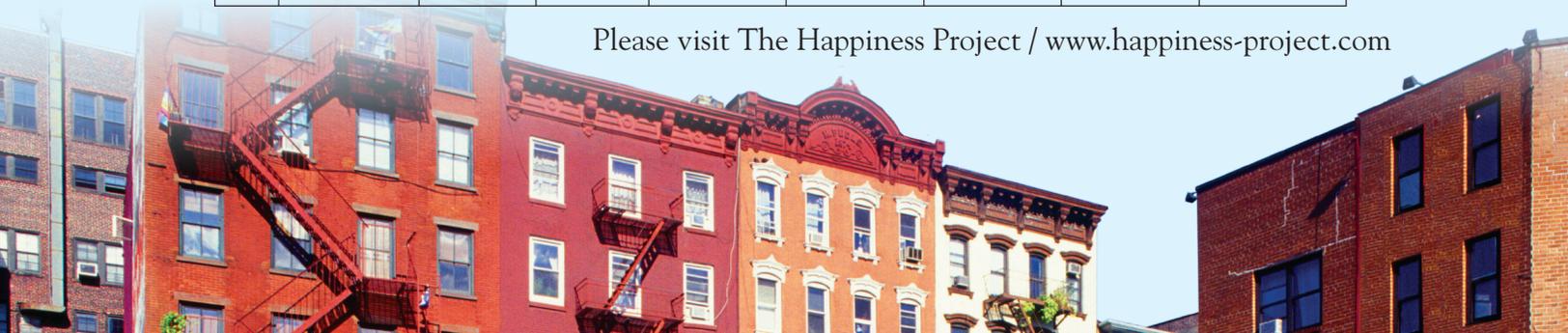
**JULY'S RESOLUTION: Buy Some Happiness (spending money to boost happiness)**

*“The only true happiness comes from squandering ourselves for a purpose.”*

— William Cowper

	Make purchases to further my goals	Buy needful things	Spend out	Indulge in a modest splurge	Get rid of things that don't work	Use up what I have	Be generous	Put things in circulation
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**AUGUST'S RESOLUTION: Contemplate the Heavens (considering matters of spirit)**

*“Contemplate the extent and stability of the heavens, and then at last cease to admire worthless things.” — Boethius*

	Contemplate the heavens	Count my blessings at the computer	Keep a one-sentence journal	Remember how much I love my <i>ordinary day</i>	Turn complaints into thankfulness	Appreciate the seasons and time of life	Study St. Therese	Read memoirs of catastrophe
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SEPTEMBER'S RESOLUTION: Write a Novel (spending more time with books)

*“The creative mind plays with the objects it loves.” — Carl Jung*

	Write a novel	Read at whim; re-read	Take notes without purpose	Keep reading lists	Find more time to read	Spend time with bookish people	Make books	Study publishing; browse bookstores
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## OCTOBER'S RESOLUTION: Try Hypnosis (finding psychological shortcuts)

*“Action and feeling go together . . . by regulating action, which is under the more direct control of the will, we can indirectly regulate the feeling . . .” — William James*

	Try hypnosis	Review catchphrases and Twelve Commandments	Act like I want to feel	Give positive reviews	Put up sticky notes of key words	Pollyanna Week	Do something unexpected	Enjoy the fun of failure
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NOVEMBER'S RESOLUTION: Laugh Out Loud (lightening my attitude)

*“Whoever is happy will make others happy, too.” — Mark Twain*

	Laugh out loud	Find an area of refuge	Say yes, agree, applaud	Look for ways to help	Don't talk about aggravations	Be easy to please	Crank up my energy	Speak with good cheer
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DECEMBER'S RESOLUTION: Follow the Way of Perfection (acting with greater love)

“I know of no other way to perfection but love.” — St. Therese

	Follow the way of perfection	Do the <i>loving</i> thing	Be grateful	Humility: listen, laugh, don't "top"	No score-keeping, no calculation	Loving thoughts, actions, words	Put aside anger and resentment	Be happy
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THIS MONTH'S RESOLUTION: \_\_\_\_\_

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