

New Year's Resolutions

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The new year is just underway and people have made resolutions to do many different things. Some have resolved to eat better, others to exercise more, and still others to do more to excel at work or at home. While it is terrific to resolve to make these changes to improve yourself, it's important to take a step back and look at the things that are most important to you in your life. Did you make a resolution? Have you kept it? Whether you have or not, read ahead for the challenge I pose to you.

Whatever takes priority in your life, make sure that you make yourself the priority. We get caught up in deadlines at work and the minutiae of the everyday and don't stop and take care of ourselves. We always hear that it's important to take care of yourself before you can give others attention, and that could not be more true, so here is my challenge for you in 2013:

Take 20 minutes for yourself every day! That's it!

Do what you need to do for yourself in this time. Read a book, take a nap, walk, give your child your undivided attention, call a friend, try a new recipe, make a spa appointment, make a chiropractic appointment, tell your family you love them—the sky's the limit.

By giving yourself this break every day, you will be able to face your day and other priorities with a new, fresh outlook. You will find your days are less stressful and more enjoyable. And when you look back next January 1st, you may just realize this is a resolution you made that you actually wanted to keep—and extend into 2014.