

New Year's Re-Solution Checkup

By Bridget Fonger

re-solutions is "don't worry about it!" But, any issue that keeps rearing its head, and causing you discomfort worthy of a yearly promise is worth looking at a little deeper. In this case, a little contemplation and/or straight talk with yourself actually *is* the lazy answer.

Whether your re-solution was about weight loss, paying off your debts or cleaning out the garage, there is one thing that re-solutions all have in common: they don't usually stay alive and brilliant all year long. It is actually the nature of commitments to fade, particularly when it starts to get uncomfortable to keep them.

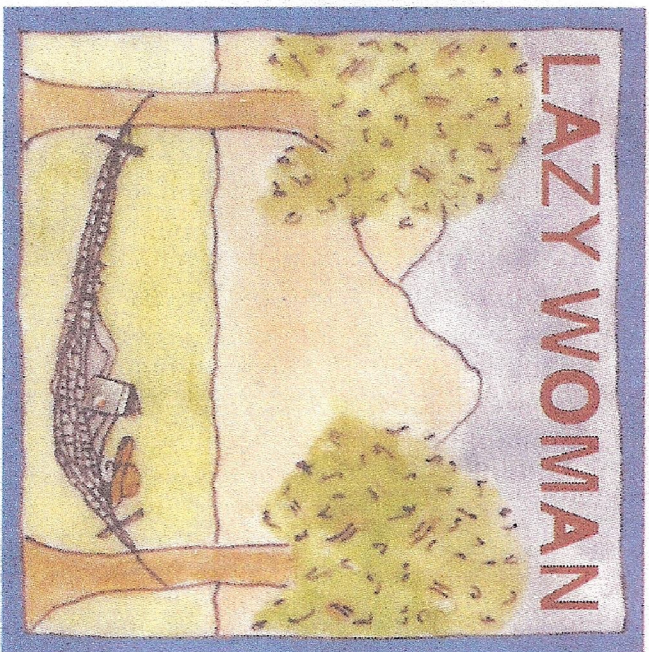
I developed a little lazy tool that has been working for me. When I get a craving for something that I know will throw me off my plan, I ask myself "What am I committed to?" I make myself stop and remember the body I had at age 18 (inspired by RealAge.com) and my commitment comes flying back into place.

I've lost ten pounds since I made my re-solution. I also exercise and monitor my eating habits, of course, but staying on my plan is coming

from my new relationship with commitment. If we treat commitments like the naturally fading beauties that they are, we can nurture their color and vitality with proper attention, just like we tend to our gardens.

I invite you to take another looking at tending the "Commitment Garden" of your New Year's Re-Solutions. Maybe even schedule a monthly meeting with yourself to check in on your commitments, or find a buddy with whom you can share gardening secrets. And, please share pictures and/or stories about your "Commitment Gardens"...maybe you'll win a ribbon!

Bridget Fonger is co-author of *The Lazy Woman's Guide to Just About Everything* and a freelance writer and producer living in Sierra Madre. Visit her website at LazyWoman.com. Send questions you would like to have this Lazy Woman answer in this column to Bridget@LazyWoman.com.



Toward the end of December, it dawned on me that I was about to – *yet again* – make a resolution about weight loss! I've solved it before, re-solved it, found the solution and lost the solution. Frustrated, I decided to permanently hyphenate the word re-solution so that I would stay conscious of my commitment and actually solve this once and for all. Some might say that the "lazy" way to look at