

MSU-ES Dawg Tracks



January, 2009 10 Great New Year's Resolutions



As we start a new year, we all begin with things that we are going to change, eliminate or improve on. Some people call them resolutions, and these are formed with good intentions; but somewhere down the line they get aborted, abbreviated or lost in the shuffle.

Following are some good ideas for resolutions that we all can use and I personally need to form and use them all:

- **Resolve to stay optimistic** –
Look for an opportunity in every difficulty and anticipate a favorable or positive outcome for every situation. “We live in a sausage gravy world, however, occasionally there will come a few lumps in it.” We should get past the lumps and be proud of the gravy.
- **Resolve to identify the most powerful benefit you have to offer people around you and then deliver it** –
“The purpose of life is to have a life,” thus stated by George Bernard Shaw. We all have one and everyone influences someone’s life, so it behooves us to try to live as though we know who that person is each day.
- **Resolve to pump up your personal vitality** –
It has been said that the real currency of the 21st century is not cash. It is vitality. We should live it every day, month and year with vim and vigor.

- **Resolve to be habitually generous** –
Success is not something you pursue. It’s something that you attract by what you become.
- **Resolve to refrain from verbal attacks** –
Approach confrontational encounters with the diplomacy of a “super salesman” or as Dr. Peale would put it... “as to win them over with conciliation” instead of with the attitude of a “bull in a china closet.”
- **Resolve to be open to the cultures and influences of others** –
There is a direct correlation between personal well-being and openness to other peoples’ ideas and cultures.
- **Resolve to take control of your own destiny** –
Don’t get so busy trying to make a living that you forget to make a life.
- **Resolve to increase your human connectedness** –
The person with the best connections wins.
- **Resolve to increase your creativity by letting go of the familiar** –
Try to see the world through fresh eyes each day.
- **Resolve to be you because others are already taken** –
We are at our best when we are being our authentic selves. In most cases, plastic or artificial personalities are easily detected.

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6/18/2008

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