

# The Ultimate New Year's Resolution

**ONCE AND FOR ALL, AN ATTAINABLE GOAL. NO, SERIOUSLY.** *By Lauren Cerrato*



I'm just like you. I'm thinking of remarkable goals I'm going to reach in 2014. It's a fresh start

— a 365 page book just waiting to be written. I have big plans for this year and so do you, I'm sure. I'm not here to tell you that you won't keep your New Year's Resolution. Maybe you will. Maybe Friday, January 17th (National Ditch New Year's Resolutions Day) will come and go and you will still be on your diet. I have faith in you.

But if you want to play it safe this year and make a resolution that you are sure to keep, join me in my pursuit of the Ultimate New Year's Resolution — drum roll please — to live in the moment.

I know you've heard it before, but try to see that expression in

a new light. Living in the moment means not feeling guilty about the past or worried about the future. It means not stressing about things you can't control (which is everything.) It means looking up from your phone and engaging with the people and places around you.

What other resolution can you make that will bring you more joy? What other resolution gives you a second chance every moment of every day? Let's say your resolution is to abstain from fast food and you find yourself wrist deep in French fries and it's not even January 17th. Resolution broken. Dreams crushed. Party over.

But let's say you jump on the Live in the Moment Bandwagon and you fall off. Let's say you get caught up thinking about the future and what it will bring and whether your boss will promote you or if the cancer will go away or if the two of you will get back together or if you will make the

team... let's say you find yourself not living in the moment. Right in the midst of your worry and your failure to live in the moment comes a simply beautiful thing... another moment.

Remember that if you or your loved ones are experiencing hard times, it never lasts long. If you are experiencing great success and happiness, that might not last long either. Our lives will experience many ups and downs and it won't benefit us to spend too much time dwelling on one or the other. Remember to live in the moment before the moment is gone.

And if you forget, no worries. Another moment will be here soon. Live in that one and forget about the one before. ■

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