

Make a change

Learn where New Year's resolutions come from and why they matter

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Page leader

It's the time of year to make a New Year's resolution by starting something new and breaking bad habits.

Most people think of resolutions as something simple like going to the gym, being nicer to others, eating healthier or working harder. However, the real importance of New Year's resolutions is doing things every day that make people around them feel better, according to theodysseyonline.com.

"Resolutions exist to take part in a goal-driven tradition that emerged in different forms throughout history. It all started when the Romans began making promises to the god Janus, whom the month of January is named after," according to Sarah Pruitt from history.com.

Instead of making promises to the gods, most people usually put resolutions on themselves to focus on self-improvements. Only eight percent of people actually achieve their goals, according to history.com.

"I do normally have New Year's resolutions each year, to motivate myself to accomplish goals. But, I don't usually accomplish them because I end up getting busy and don't have time to do so," junior Elizabeth Kelmendi said.

People have a hard time achieving goals for a variety of reasons: sometimes they don't understand the goal, fail to plan for it or lack motivation to change.

"Just make the goals realistic. Of course you don't want to make them too easy, but make it something you can grasp," psychology teacher Derek Berdeski said. "You got to do something that is apart of your routine."

New year, new beginnings

Unique resolutions help students start the new year and set a goal to do something positive

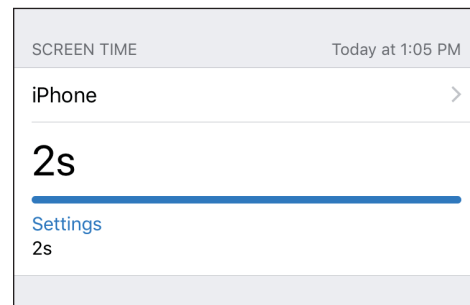
Jenna Parsons
Staff Writer

1 Stop Procrastinating

2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

"Create a daily plan in a planner and write down what needs to be completed. Make a point to work on it each day to finish it," according to psychologytoday.com.

2 Less time on media



"Spend time on real life activities find a hobby; lock up the phone somewhere and use apps to track use," according to mind-bodygreen.com.

3 Volunteer



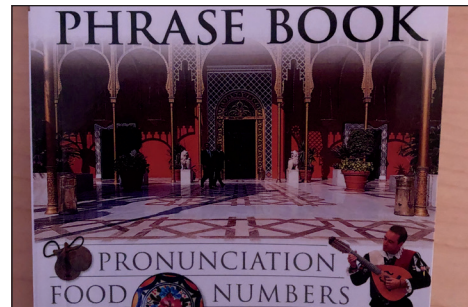
"Pick an organization that means something. Establish what you would like to get out of the volunteer experience and the amount of time you'd like to spend volunteering," according to forbes.com.

4 Read more



"Instead of watching TV set aside a dedicated time to read or join a book club. Americans spend on average 35 hours a week," according to entrepreneur.com.

5 Learn language



"Meet someone who speaks the language and talk to them. Study the language every day and watch, write and listen to things in the chosen language," according to fluentu.com.

6 Quality sleep



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