

# New year commitments

I don't like the word "resolution" when it comes to the new year. It's like we have waited all year to say something new is going to happen January 1st.

Well, to put it frankly, something new and wonderful can happen each second of every day!

When you decide to do something to make your life better - mind, body and soul - don't wait to make the change until Monday or the first of the month or the first of the year. Do it now! Every second is a new opportunity to excel and decide how you want to live your life.

I'm not going to teach you how to set goals or tell you about how many people don't completely follow through on resolutions. Instead, I want to leave you with the wise words of Doctor Who: Be magnificent!



*Photo via [Etsy](#)*

I believe if you can do that, you'll have pretty good days to come!