

January 1, 2024
Heidi Darby
Buffalo County Extension
For Immediate Release

Happy New Year – Let the Resolutions Begin... or End.

I just want to start by saying, Happy New Year! This is the perfect time of year to focus on all that lies ahead for us in 2024. Many people start the new year making resolutions. Resolutions are goals for what we want or wish to accomplish in the future. Millions of people make these with the hope of making positive changes in their lives. Some plan to improve their finances, some plan to make health or fitness changes while others look more inward to personal development.

Did you know that 23% of those that make resolutions quit by the end of the first week and 43% quit by the end of January? I can agree with that, when I make resolutions, I really don't follow through either. Why is this so hard? Of course, some of us want to be more active and fit but, are we really going to go to the gym four times a week? If we haven't done it in the past year, are we going to do it now because we are committed to our resolution? I think maybe not and that's ok. We aren't failures, we just need to be more realistic in what we select.

When looking at a resolution, let's first think of something that brings us joy and plan to do more of it. That's a resolution that most of us should be able to stick to, right? As an example, I really like to visit my youngest sister and her family. I'm a fun aunt and her children love me. They are aged four and one. When I visit, we stay up later than normal, make lots of noise, read fun books and I get to tuck them in. So, one of my resolutions is to go stay with them more than last year. While I am there, I can visit with many other family members too. So, it's a win-win. In 2024, I resolve to go visit more than I did in 2023. I'll let you know if I am successful.

Resolutions aren't just for adults. Talk to your kids or grandkids. Maybe they would like to set a resolution too. Remember to make it something fun. Is there something your children enjoy doing with

you? Of course, there is, do more of that. You could tie this in with fitness or activity in some way if that's important to you. For example, you could resolve to take more walks with your children. You don't need to track the distance or time, just get out more with them. It's funny how a morning walk goes from something we do once a day or once a week sometimes to a habit we do consistently in such a short time. My husband and I take our dog for a walk each morning. It started because we were watching our daughter's puppy, so the walk helped to start her day. After she went home, we just kept doing it. Now, it's a habit that we do most days (if it is 20 degrees or higher, that's my rule). So, have that conversation with your kids or grandkids and see what they want to do. Maybe it's more trips to the park or trips to grandma's or just fun movie nights. Let them decide and you might be surprised.

To stay true to all my articles, I have to mention 4-H projects. If you vow to do one a month and start in January, you will have six projects ready for the fair by the end of June. We offer so many fun options. Maybe find and try something new. One project we offer is Preserving Heirlooms. This project area is for items with historic, sentimental, or antique value. This can be a display around a treasured piece or even a repurposed piece of furniture. What a great way to share your family stories around Great-Grandma's owl locket that you remember seeing her wear when you were a child. Maybe you have pieces from an old dresser that can be made into a shelf or other new purpose. The best part is that not only can they display the piece, but they will also include the history.

Working on fun projects like this will give you a chance to share your family history with your children. I love to listen to my grandma tell my children about growing up on their farm in the 1940's. They could not believe that she rode her horse to school. Or that she didn't graduate from high school but got her GED along with my grandpa when he returned from Korea. So many great stories can be shared over this type of project. These projects are a great way to spend those chilly afternoons and evenings during this cold, wintry time of year. It will also help kids to look forward to summer and the

county fair. If you would like more information on 4-H enrollment or any of the projects that are available to you, please contact the Buffalo County Extension Office.

Heidi Darby

4-H Extension Assistant

Nebraska Extension in Buffalo County

1400 East 34th St. Kearney, NE 68847 308-236-1235