

## NEW DECADE BRINGS POSITIVE RESOLUTIONS FOR HAPPY FUTURE

**Jan 01, 2020**

**Dear Readers:** Welcome to 2020! The New Year has arrived, and with it our chance for a new beginning.

Today we have an opportunity to discard destructive old habits for healthy new ones, and with that in mind, I will share Dear Abby's often-requested list of New Year's Resolutions, which were adapted by my late mother, Pauline Phillips, from the original credo of Al-Anon:

**JUST FOR TODAY:** I will live through THIS DAY ONLY. I will not brood about yesterday or obsess about tomorrow. I will not set far-reaching goals or try to overcome all of my problems at once.

I know that I can do something for 24 hours that would overwhelm me if I had to keep it up for a lifetime.

**JUST FOR TODAY:** I will be happy. I will not dwell on thoughts that depress me. If my mind fills with clouds, I will chase them away and fill it with sunshine.

**JUST FOR TODAY:** I will accept what is. I will face reality. I will correct those things that I can correct and accept those I cannot.

**JUST FOR TODAY:** I will improve my mind. I will read something that requires effort, thought and concentration. I will not be a mental loafer.

**JUST FOR TODAY:** I will make a conscious effort to be agreeable. I will be kind and courteous to those who cross my path, and I'll not speak ill of others. I will improve my appearance, speak softly and not interrupt when someone else is talking. Just for today, I will refrain from improving anybody but myself.

**JUST FOR TODAY:** I will do something positive to improve my health. If I'm a smoker, I'll quit. And I will get off the couch and take a brisk walk, even if it's only around the block.

**JUST FOR TODAY:** I will gather the courage to do what is right and take responsibility for my own actions.

*Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at [www.DearAbby.com](http://www.DearAbby.com) or P.O.Box 69440 Los Angeles, CA 90069.*