

Date: 1/2/2019 7:51:02 AM

Subject: tuesday tutelage

greerins

happy new year

so 2day what came 2 me is a pondering about new year resolutions n y don't WE tend 2 keep them past the traditional 11-15 days...

on tv they advertised several acronyms like SMART n somethin else 2 give us all a sweet n simple way 2 stick 2 our 365 day resolve. think R stood 4 realistic . either way i'll just speak from my own experience ...

because it was the thing 2 so i made resolution 4 ththe sake of it. 4 all my life it was 2 stop biting my nails ,which still hasnt happened . no worry realize i came up resolution cause it was the things 2 do. as a man i put away childish things

2day it hit me that some of my/our resolutions don't get stuck 2 cause of timin! hard 2 stick 2 exercising due 2 all the things i gotta go/drive thru 2get 2 the gym. feel me? so much as we want 2 exercise WE would 2 better 2 make this resolve in the spring or summer . does that make sense ? easier 2 work out when the drive 2 the gym is way easier n i dont have 2 battle snow/colds/flus etc

since findi out MARCH was the original new year i say make a MARCHRESOLUTION.