



TURKEYS WENT OUT TO EAT at the St. Francis Equity. There were at least 50 birds in different areas around the Equity elevators scratching for grain.

Herald staff photo by Karen Krien

Why New Year's resolutions fail

Plains Sense

By High Plains Mental Health

At the beginning of a new year, about half of Americans make resolutions to change something for the better in their lives, including losing weight, quitting smoking and saving money. Most people say they also need to improve their lives in more specific areas such as family relationships, self-esteem, volunteer work and community involvement, supportive friendships, physical appearance (other than weight), career and education.

Most people are very serious about changing and improving areas of their lives, yet few get really serious about accomplishing their goals. One of the primary reasons is that they don't have a good plan in place, which then results in procrastinating and a lack of follow-through. Another important component of achieving personal goals is the need for social support. People who have friends, family or a support group and work at this together tend to be more successful.

The following are suggestions in regards to accomplishing resolutions:

- Get serious about your own personal goals; write them down and set yourself a time-line to meet, whether it is one month, one year, or five.
- Have a support system of family, friends and/or co-workers, and get together to set goals and plan how to achieve those.
- Get busy! Use a daily planner or calendar to identify specific dates and times to begin and the task you want to accomplish.
- Celebrate even the small successes. People tend to focus on the negatives that are more obvious, but this can cause discouragement and lack of motivation. Instead, give yourself credit for any effort and keep the momentum going.

The process of setting goals and sticking to them can become a personal growth experience, whether it is joining a health club, enrolling in a college class, or learning more about your personal home computer. Long term, positive results are often the reward, along

with a great deal of personal self-satisfaction.

Contributed by Karen Schueler, LCPC, Manager, Consultation and Education Department

The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to: High Plains Mental Health Center PLAIN SENSE, Consultation and Education Department 208 East 7th, Hays, KS 67601 (Questions will be formatted and answered in a manner that insures confidentiality) Internet site: www.highplainsmentalhealth.com



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 I am the word of the week, the history of the year, the record of my community in the archives of state and nation.
 I am the lives of my readers.
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The Saint Francis Herald

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