

New Year, New You – Blah, Blah, Blah

By Jenna Caputo

I've been seeing it everywhere - "New Year, New You!" Initially, it's a nice sentiment – It's a fresh year, make a fresh start. Now is your chance for a change.

But let's face it - we all know those New Year's resolutions are pretty much shot by March. And what really changes? You're still you. Ok, so the number on the calendar went up one more notch, but everything else is still the same. You still have the same job. You still have the same body. You still have the same problems. That pile of work you left on your desk just before the Christmas break is still going to be there. Your to-do list hasn't been deleted. In fact, it now is even longer since it has your New Year's resolutions added to it. Nothing has been truly erased – it's all still there.

I'm not trying to be a "Negative Nelly" here. I'm just being realistic. As nice as the thought is to wipe the slate clean with the New Year, it just can't happen.

Instead of *New Year, New You*, how about *New Year, Better You*? Because let's face it, you're still you. And that's a good thing! You've spent your whole life becoming who you are. You've worked hard to get here, and even if you don't like everything about your life, you don't really want to erase your history. That's your backstory - it leads up to the

exciting climax. A new year is really just a new chapter in the book of your life. Which way is your story going to go now?

When thinking about my New Year's resolutions this year, I've decided to get rid of the notion of a whole new life and fresh start. I am merely turning the page and developing my story in a better direction. I am an ongoing masterpiece. I will keep the good things and revise the things that need some work. I am the master behind my own story – I control the pen, so it is up to me to decide what comes next. My decisions determine whether my character is a strong one or a boring one. I might stumble. I might fall back on some old habits. But I know the direction my story needs to take and I will continue to work toward that, and enjoy every aspect of the journey along the way.

A good story has twists and turns, highs and lows. We must learn to relish the same in our own lives. We don't need to completely change. We just need to strive toward that better revision, develop our story, and add to our plot.

Here's to a New Year, BETTER You! ■

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