

How to Make (and Keep) a New Year's Resolution

Are you making a resolution for 2018? Warning: More than half of all resolutions fail, but this year, they don't have to be yours. Here's how to identify the right resolution to improve your life, create a plan on how to reach it, and become part of the small group of people that successfully achieve their goal.

Pick the Right Resolution

You'll give yourself your best shot at success if you set a goal that's doable — and meaningful too.

According to the time management firm Franklin Covey, one third of resolutioners don't make it past the end of January.

A lot of these resolutions fail because they're not the right resolutions. And a resolution may be wrong for one of three main reasons:

- It's a resolution created based on what someone else (or society) is telling you to change.
- It's too vague.
- You don't have a realistic plan for achieving your resolution.



Reminders

* Save some time, pay your rent online! Every resident is furnished with an online Resident Portal account so you can not only online pay your rent online, but enter in maintenance requests as well. If you don't have one or need help accessing yours, please email majestic@leclairinc.net

* Save this in your phone!
Afterhours maintenance
line (for emergencies
only) – **407.274.6650**

Your goals should be smart — and SMART. That’s an acronym coined in the journal *Management Review* in 1981 for specific, measurable, achievable, relevant and time-bound. It may work for management, but it can also work in setting your resolutions, too.

- **Specific.** Your resolution should be absolutely clear. “Making a concrete goal is really important rather than just vaguely saying ‘I want to lose weight.’ You want to have a goal: How much weight do you want to lose and at what time interval?” said Katherine L. Milkman, an associate professor of operations information and decisions at the Wharton School of the University of Pennsylvania. “Five pounds in the next two months — that’s going to be more effective.”
- **Measurable.** This may seem obvious if your goal is a fitness or weight loss related one, but it’s also important if you’re trying to cut back on something, too. If, for example, you want to stop biting your nails, take pictures of your nails over time so you can track your progress in how those nails grow back out, said Jeffrey Gardere, a psychologist and professor at Touro College of Osteopathic Medicine. Logging progress into a journal or making notes on your phone or in an app designed to help you track behaviors can reinforce the progress, no matter what your resolution may be.
- **Achievable.** This doesn’t mean that you can’t have big stretch goals. But trying to take too big a step too fast can leave you frustrated, or affect other areas of your life to the point that your resolution takes over your life — and both you and your friends and family flail. So, for example, resolving to save enough money to retire in five years when you’re 30 years old is probably not realistic, but saving an extra \$100 a month may be. (And if that’s easy, you can slide that number up to an extra \$200, \$300 or \$400 a month).
- **Relevant.** Is this a goal that really matters to you, and are you making it for the right reasons? “If you do it out of the sense of self-hate or remorse or a strong passion in that moment, it doesn’t usually last long,” said Dr. Michael Bennett, a psychiatrist and co-author of two self-help books. “But if you build up a process where you’re thinking harder about what’s good for you, you’re changing the structure of your life, you’re bringing people into your life who will reinforce that resolution, then I think you have a fighting chance.”
- **Time-bound.** Like “achievable,” the timeline toward reaching your goal should be realistic, too. That means giving yourself enough time to do it with lots of smaller intermediate goals set up along the way. “Focus on these small wins so you can make gradual progress,” Charles Duhigg, author of “*The Power of Habit*” and a former New York Times writer, said. “If you’re building a habit, you’re planning for the next decade, not the next couple of months.”

By Jen A. Miller

Nothing to do??? Join the fun!!



The image features a large, stylized blue logo for the "First Friday Festival" with three stars above the letters 'i', 'i', and 'i'. Below the logo is a collage of five photographs showing various scenes from the festival: a booth for "SERIP & SAN DESIGN", a food stall with people, a woman in a blue dress, a booth with a woman and child, and a booth with a woman and child. Below the photos is the text "Every First Friday of the Month in Baldwin Park" and the website "BaldwinParkEvents.com".

Every First Friday of the Month in Baldwin Park
BaldwinParkEvents.com

1/5 FIRST FRIDAY FESTIVAL will be 5:30-9:30 p.m. on Friday, Jan. 5, along New Broad Street in the Village Center. More than 70 local artisans of all genres will display their art while guests shop and stroll through the heart of downtown Baldwin Park. Also featured are many Central Florida-based small businesses and non-profit organizations with products and offerings ranging from health and fitness, to beauty and fashion, as well as community service opportunities. This FREE sidewalk festival is held the First Friday of every month from 5:30-9:30 p.m., and is both family- and pet-friendly. Sponsored by the **Baldwin Park Joint Committee** and **BOOM Marketing & Events**. For more information please visit <http://www.baldwinparkevents.com/baldwin-park-first-fridays>

1/27 TORI SHEAHAN WALK 'N TALK FOR LIFE will be Saturday, Jan. 27 at Harbor Park. Registration begins at 8 a.m. and the walk begins at 9 a.m. The walk benefits a memorial fund established in Tori's name to provide medical supplies and health education resources to the school-based health centers in Winter Park, Maitland and Eatonville. The Walk 'n Talk for Life aims to go beyond traditional race models. Rather than just walk to raise money, this unique model aims to engage friends and families in a fitness initiative that instills a life-long healthy way of living by having brief talking points, intermittently, along the route. For more information or to register, visit www.foundationforocps.org/ToriSheahanWalk

CHOCOLATE MAYONNAISE CAKE

Active Time: 25 Mins

Total Time: 2 Hours 10 Mins

Yield Serves: 10

Ingredients

- 1 1/2 cups hot strong brewed coffee
- 3 cups all-purpose flour
- 2 teaspoons baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon plus 1/4 tsp. salt, divided
- 2 1/2 cups granulated sugar
- 4 large eggs
- 1 cup mayonnaise (such as Duke's)
- 2 teaspoons vanilla extract, divided
- 1 1/4 cups bittersweet chocolate chips
- 2 tablespoons light corn syrup
- 3-4 tablespoons heavy cream, divided
- 3/4 cup unsalted butter, softened
- 4 cups powdered sugar, divided



Whisk together hot coffee and cocoa in a bowl. Let stand until room temperature, about 20 minutes. Preheat oven to 350°F. Grease and flour 3 (9-inch) round cake pans.

Whisk together flour, baking soda, baking powder, and 1/2 teaspoon of the salt in a bowl. Combine granulated sugar and eggs in a large bowl. Beat with an electric mixer on medium-low speed until light and fluffy, about 4 minutes. Beat in mayonnaise and 1 1/2 teaspoons of the vanilla on low speed. Alternately add flour mixture and coffee mixture to egg mixture in 5 additions, beginning and ending with flour mixture. Divide batter evenly among prepared pans. Bake in preheated oven until a wooden pick inserted in center comes out with moist crumbs, 22 to 25 minutes.

Cool cake layers in pans on a wire rack 20 minutes. Remove cake layers from pans; cool completely on rack, about 30 minutes.

Place chocolate chips, light corn syrup, and 3 tablespoons of the heavy cream in a microwavable bowl. Microwave on HIGH until smooth, about 1 minute, stirring every 15 seconds. Let stand until room temperature, 10 minutes.

Combine butter, remaining 1/4 teaspoon salt, 2 cups of the powdered sugar, and remaining 1/2 teaspoon vanilla in bowl of a heavy-duty stand mixer; beat on low speed until smooth. Beat in chocolate mixture on low speed until smooth. Beat in remaining 2 cups powdered sugar and, if needed, remaining 1 tablespoon cream, 1 teaspoon at a time until spreadable consistency is reached.

Place 1 cake layer on a serving plate. Spread 1/2 cup frosting over top. Top with second layer; spread 1/2 cup frosting over top. Top with third layer. Spread remaining frosting over sides and top of cake.