I’ve always struggled with setting New Year’s resolutions. There’s something about the idea of making changes “just because” it’s a new year that didn’t sit well with me. Like, if you need to make a change, why wait until the new year to do it? In fact, I can’t think of one New Year’s resolution I’ve ever made or kept. That doesn’t mean I haven’t made changes or haven’t tried to improve myself in various ways, it just means I haven’t tried doing so “just because” it’s a new year.

But this year is different. With the turn of the calendar to 2021, I have officially been working from home 100% of the time for more than nine months…and I am definitely showing signs of putting on “pandemic poundage.” You’d think that being home would have given me more opportunities to exercise and stick to my routine, but just the opposite happened. My schedule and routine went right out the window when there was no more requirement to go to the office. I mean, with my desk just 30 steps away, why get up early, right?

But now, after two weeks of downtime at the end of 2020, and with my internal battery fully recharged, I have begun the process of starting a new routine. Last weekend I cleaned out my basement and made room for my elliptical, which I used to love using every day. I’ve exercised at least 30 minutes every day, and I have the sore muscles to prove it’s working! I’ve set my morning alarm for 5:45 like it used to be a year ago, and I’m trying to have lights out by 10:30 pm. I even promised my daughter that I’d get back to taking her Les Mills Body Combat classes once I build my stamina back up…in due time.

With my new routine and resurgent ambition in place, the only thing left is to get rid of the remaining 50 or so homemade Christmas cookies that I love…by throwing them out for the deer to eat! (Ok, maybe I’ll have one or two!)

So, please feel free to ask me how I’m doing with my new routine. The external pressure of knowing you may ask me about it will keep me motivated to stick to it!

What resolution have you made for 2021? Maybe I can help you stick to it, too!