

MY NO-COMMITMENT NEW YEAR'S RESOLUTIONS: THINGS I WOULD LIKE TO DO--BUT NO PRESSURE ON MYSELF TO DO

I am not going to make any resolutions. However, there are some things that I would like to do. The inspiration for this came from an article by Kal Mokhtarzada called *Rituals That Make My Day Awesome*. I love reading about other people's morning rituals. Maybe I am hoping by reading, it will rub off on me.

(<https://medium.com/@kal/rituals-that-make-my-day-awesome-44bcea2a30df#.3l613bxap>)

Kal's morning ritual begins with getting up at 4am. By getting up at 4am he has 3-4 hours of personal time. Wow! Wouldn't that be nice? However, I know for me 4am is biting off too much. So one of my No-Commitment resolutions is to get up earlier. I will start with 5:30am. Fingers crossed.

5:30 A.M. 🙌

The first thing Kal does in the morning is to make Bulletproof Coffee. I have done this before. It is tasty but it didn't curb my appetite like it is claimed to do. (See my blog on how to make Bulletproof Coffee.)



Next on Kal's morning list is to meditate. This is my second No-Commitment resolution.



The third thing on Kal's morning list is to write, set goals and to plan and strategize. This will be my third No-Commitment resolution. I will write in my gratitude journal since it is claimed to bring you more happiness. I will write in my affirmation for the day which is usually not to eat any chocolate.

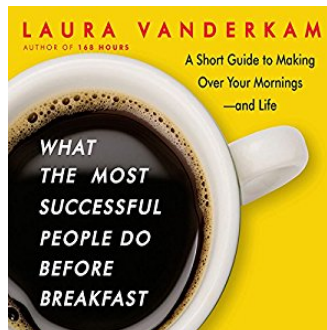
The fourth thing on Kal's list is to take a cold shower. I WILL NOT be adding this to my list. Instead my No-Commitment resolution is to get out of the hot shower quicker. Once I get in the shower, I don't want to get out.



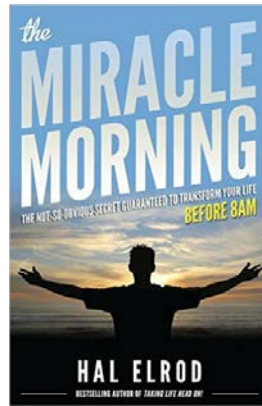
Last on Kal's list is to exercise which I will also add to my No- Commitment Resolutions.



First thing first is to figure out how to get myself up earlier. There are books about getting up earlier. One is ***What the Most Successful People do Before Breakfast: A Short Guide to Making Over Your Morning*** by Laura Vanderkam. Her suggestion for finding more time and getting up early is to track your time. This is supposed to let you figure out how you are wasting time and to be able to better schedule your time. I don't need to do this. I know I am wasting tons of time every day. This book was no help.

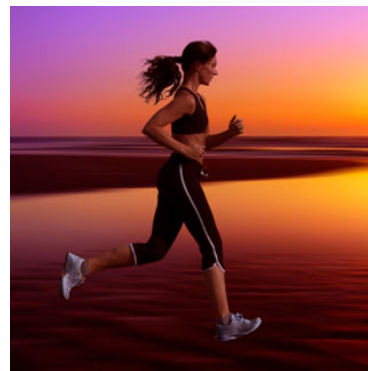


I then turned to ***The Miracle Morning: The Not-So-Obvious Secret Guaranteed to Transform Your Life*** by Hal Elrod. Mr. Elrod talks about his Miracle Morning. He has tips for getting up earlier than usual, such as putting the alarm clock across the room. I have done this and it didn't work. I just got up, walked across the room, turned off the alarm and went right back to bed. A better suggestion he makes, is to make an intention before you go to bed that you will get up at 5:30am and feel great. He suggests viewing getting up earlier as exciting,. You should think about your great day to come. I am going to see if I can remember what it felt like on Christmas morning when I was a kid and still believed in Santa Claus. Maybe that will work?



Elrod's miracle morning has 5 minutes of silence, 5 minutes of affirmations, 5 minutes of visualization, 20 minutes of exercise, 20 minutes of reading and 5 minutes of writing.

Maybe a more realistic morning would be 20 minutes to drink coffee and read the paper. Then 20 minute of exercise and 10 minutes of meditation and 10 minutes of writing-something.



I am hoping it doesn't become 60 minutes of goofing off with coffee and the paper and reading e-mails. Oh dear that is another No-Commitment resolution, not checking my e-mails for the first 60 minutes. This is getting overwhelming. Oh well, it is a No-Commitment. Thank You Very Much!