

## **New Year's Resolutions for Writers**

Dara Girard

JUST FOR TODAY I will write. I will not think about writing, dream about writing, read about writing or talk about writing. I will not brood about yesterday's writing or obsess about tomorrow's efforts.

JUST FOR TODAY I will have joy. Pure joy that doesn't involve a credit card, bottle of wine or publishing contract. I will enjoy the process of writing and not worry about how it will be received. I will not dwell on industry statistics that depress me. If my mind wanders to rain, I will search for rainbows.

JUST FOR TODAY I will accept what is. Whether it be the size of my thighs or bank account. I will accept where I am in my writing career and understand things I can change and those I can't.

JUST FOR TODAY I will improve my writing skills. I will read articles and books that expand my mind. I will treat writing as a craft.

JUST FOR TODAY I will be gracious. I will congratulate those with good news and have sympathy for those who don't. I will not gossip about others or whine about my frustrations.

JUST FOR TODAY I will be healthy. I won't live on Pepsi, a pack of cigarettes and a pint of bon bons. I will stretch at my desk and eat well.

JUST FOR TODAY I will take responsibility of my dreams and let no one take them from me.

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Inspired by Dear Abby article

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