Get Ready for the New Year and Go Through With Your Resolutions With REI!

By Brenda Payan

Each new year, we constantly work to better themselves, start fresh, feel new! What we at REI want to do is to help each member feel as if they can accomplish those goals, raise their self-esteem, and move towards better, healthier living. We want you to inspire not only yourself but the rest of the world by being the best you!

The first thing you should know before making a new year's resolution is that you shouldn’t feel pressured about it. If it doesn’t make you happy or excited, then why do it at all? Resentment will only push you further away from feeling good about yourself. Find something enjoyable that will enrich your life or if you still want to go through with a promise, find a way to make it fun or enjoyable. Resolutions are there to make you feel bad about yourself but for finding love for yourself and with life around you.

The second thing you could add to your new year's resolution is to spend more time outdoors (for those who feel they don’t spend enough time out in nature already). It may not have to be a vigorous physical activity; even meditating outside and taking some deep breaths of fresh outside air could add to a lot of health benefits. Some activities could include:

* Taking a walk around the block once a day
* Going on a hike
* Catching the sunrise/sunset at a park
* Volunteer in an outdoor group
* Starting a new hobby, like photography, about the beauty of outdoors

Just focusing on spending time with nature and admiring the beauty around you to get your mind to settle, anything that brings peace and longevity to your life makes for a great resolution!

Feel free to submit any of your new years resolutions and what has helped you go through with them!