How to Keep Your Resolutions for 2015

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This year is coming to a close and it will be time to make your resolutions for the new year. It’s hard to make good, solid resolutions, but it’s even harder to keep them. Here are some things you can do to make sure you keep your resolutions.

* First, your resolution should be something you actually want; something that should be somewhat difficult to achieve, but still manageable.
* Make sure your resolution is specific. Do not try to save some money, but try to save exact sum of money.
* Make milestones you can reach throughout the year that show you have made progress and have a general plan to follow throughout the year.
* As most of you own phones you can make daily reminders on your phone. Or make your wallpaper a reminder of your resolution
* You can stick notes in your room of your resolutions. Put them somewhere where you will see them when you wake up. A bedside table, a lamp, and your phone, (which you look at constantly.)
* Put a slip in your binder reminding you of your resolution
* Announce your resolution to your friends, family, and other relatives. Their constant reminders will make you commit in the end.
* Finally, if you find yourself from straying from your resolution, make yourself do something you don’t particularly enjoy; do some chore or do some activity with your older or younger sibling, or another relative.