

# Resolutions? How about objectives? Or targets?

By Ted Brown  
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## A Ted Bit

Every year at this time, people make New Year's Resolutions.

In the past, in this column, I've done just that, listed what are the fashionable resolutions everyone flocks to— stop smoking, lose weight, simplify life, join a gym, get fit and a whack of other things.

And we all know, by mid-February, they have been reduced to a smoldering pile of ashes, simply a ghost of forgotten, failed good intentions.

I have my own take on New Year's Resolutions. I don't do 'em.

I've come to the conclusion, I don't need to remind myself how weak and undisciplined I am when it comes to committing to a resolution. Like countless others, I can't make a 'resolution' just because it's the start of a new year.

Why do they have to begin at the stroke of midnight New Year's Eve?

Why not take that step toward positive change, on another day, perhaps in November, let's say on a Wednesday night around 7:35 p.m.?

Having said that, I think I've come up with a concept that works for me.

Instead of calling these commitments 'resolutions', I refer to them as a 'goal' or a 'target'.

Service groups, big business, small business and all other facets of society and life can relate to targets. It's what inspires us to achieve something.

We all have campaigns, budgets, targets, goals and a myriad of other titles that we give them, all to achieve an end of some sort, be it financial, social or even spiritual.

But we don't call them 'resolutions'. That title makes it personal, as a private commitment to oneself. All these other titles evoke a team effort, and we can get onboard to achieve that end.

And like resolutions, we can still fail— but not feel quite as guilty, or undisciplined. After all, if we have outside influences getting in the way of success, we can, to a point, blame the outside

causes. In doing so, it makes it easier for us to get back up on that horse and try again.

Now I'm suggesting this should be done in a subtle way, within your own space. I'm not sure your neighbours would be receptive of a huge progress 'thermometer' on the front of the house, charting how much weight you've lost.

Matter of fact, your family members might not be receptive either. ... in fact, they may try to get you an appointment with some sort of a counselor.

But privately, you're tracking your own success with that 'campaign'— not secretly beating yourself up cuz you had an extra serving of dessert.

A case in point: back in November, I decided to become more proactive around the farm. I identified that goal in November— not on New Year's Eve. And it's a 'goal,' not a 'resolution.'

I had the summer machinery stored long before usual, and the snow removal equipment ready in early November.

I cannot describe the joy I experienced with the mild weather we experienced in November and December, knowing full well, the moment the weather changed, I was ready.

Same with the sheep. They're usually in the barn full time by Dec. 1, but I left them outside until Dec. 27. The barn was ready— but they're easier to feed outside.

The day after I brought them inside, we had freezing rain and crusty snow.

I tell ya, you couldn't wipe the smile off my face— just for being pro-active, achieving my goal.

Before you burden yourself with a resolution that will probably fail, try taking a different approach. Make it a goal, or an objective.

In doing so, you might just be a bit more successful. And I know you'll feel a whole lot less pressure to succeed.

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Halton District School Board

## Kindergarten Registration

Register Now

### School Year 2016-2017

**Note:** If your child is currently attending one of our schools for Junior Kindergarten, do not register for Senior Kindergarten.

Junior Kindergarten	Senior Kindergarten
must be 4 years old by December 31, 2016	must be 5 years old by December 31, 2016

To determine your designated home school, access our website [www.hdsb.ca](http://www.hdsb.ca) and click on the "Find a School" button. Call your designated school to find out which dates have been established for Kindergarten registration.

#### Please bring the following original documents with you to register:

- Proof of address: any two of the following (current) documents - lease or deed, car registration, utility bill, residential telephone bill, moving bill, property tax bill, health card, bank statement, credit card statement, correspondence with a government agency.
- Proof of age: birth certificate or passport or baptismal/faith document for your child.
- Proof of citizenship: birth certificate or passport, Record of Landing (IMM 1000) or Permanent Resident card.
- Proof of immunization or philosophical or religious exemption forms (completed medical authorization where necessary).

If you are not the child's parent, or if you have sole custody, please bring proof of custody (court order).

Parents should contact the Principal/Vice-principal if they require accessibility accommodations in order to register their child for kindergarten.

**Please register your child by February 5, 2016.**  
Access to the school library is provided after registration.

**For further information, please contact:**  
Burlington: ext.3294  
Phone: 905-335-3663  
Halton Hills & Milton: ext.3324  
Toll free: 1-877-618-3456  
Oakville: ext.3271 or 3307

If you require language assistance registering your student for school please contact Halton Multicultural Council (905) 842-2486.

Si necesita ayuda en su idioma para matricular a su hijo/a, por favor llame al Halton Multicultural Council (Centro Multicultural de Halton) al (905) 842-2486

如果您需要语言协助办理您学生的学校注册, 请联系荷顿多元文化中心 (905)842-2486

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