

What's Your New Year's Resolution?



We are five days into the the New Year and already many ‘resolutionists’ are ready to flush their new year’s resolutions down the toilet. Whether it is a bid to lose weight in 2017, save more or kick that nasty smoking habit, making and keeping a new year’s resolution do not measure the same on the difficulty scale. This might be the reason many people just opt out of making them in the first place.

The Desk at 13 West went on a quest to find out what resolutions, if any, were made and broken since the start of the year. Here’s what we found out:



Celene, 35

"Yes I made a resolution, I want to stop eating so much sugar and lead a healthier lifestyle. Yesterday I relapsed and bought a slice of rich chocolate cake! I couldn't resist. And we're only 5 days in smh! So much for the resolution."



Alexcea, 23

"No, I didn't make one because every time I do they always never work out and I end up feeling demotivated and like I am a failure for the rest of the year."



Daenia, 28

“Yes, I made a number of resolutions. Save down payment for investment on a property and develop a healthier lifestyle. I want to travel to Italy in summer and Aspen in the winter. So far, i’m on track.”



Corey, 30

“My new year's resolution is to develop me. Primarily I want to learn French. I have started. Five days in is not a good measuring stick but so far so good. Another resolution is to have money in my pocket up until payday on the 25th. So far so good. Lol.”

**Carlton, 23**

“I have a massive life goal that I need to accomplish. I have to breaking that goal up into 3 months segments, set smaller goals that is a part of the bigger picture, like for the first 3 months I will buy my first car, learn a new programing language, and send my mother on a one week vacation on a resort. Then the for the other 3, I will figure out what next can be accomplished.”

ABOUT THE DESK AT 13 WEST

Market Me Consulting Limited is a Jamaican owned and operated communications company.



The Desk at 13 Westnewsroom

