

January 2015

# THE TRIPLE C

Caring, Compassion & CHOICE

Old Colony  
Hospice  
& Palliative Care



## New Year Resolutions: Interesting Facts

It's that time again. Every year resolutions are made about the changes people would like to make in their life. Whether it is to lose weight, to pay off debt, or to get a better job, some may find that little has changed and can leave one scratching their head wondering why. A 2007 University of Bristol study, shows 88 percent of those people who make a New Year resolution fail despite the fact that 52 percent were confident of success from the beginning. So, what's the problem you ask? The problem is two-fold. First your emotional state or mind-set forms the basis of success and failure. Secondly you may be limiting yourself through fear or doubt. Fear generates a belief system that is self-limiting. Your fear can hold you back and prevent good things from happening. What you fear you attract!!! Remember, what you feel determines your emotional state and related thoughts.

### *Top Ten Resolutions for 2014*

- 1 Lose Weight
- 2 Get Organized
- 3 Spend Less and Save More
- 4 Enjoy Life to the Fullest
- 5 Stay Fit and Healthy
- 6 Learn Something Exciting
- 7 Quit Smoking
- 8 Help Others Achieve their Dreams
- 9 Fall in Love
- 10 Spend More Time with Family

If you decide to make a few of your own, remember they are YOURS, yours to decide, yours to achieve, yours to change and yours to celebrate!!!

***“Don't Worry About Being Worried. You're Heading Out on an Adventure and You Can Always Change Your Mind Along the Way and Try Something Else.”***  
***- Tracy Kidder***

### Family Quote

*“Dearest Old Colony Hospice, How can we ever thank you—dear wonderful people. You have been such a blessing in our lives. We will never forget how you reached out to ALL of us. Thank you again dear-ones, we love you all!”*



For More Information,  
Please call us at:  
**781-341-4145**

Old Colony Hospice  
1 Credit Union Way  
Randolph, MA  
02368

[www.oldcolonyhospice.org](http://www.oldcolonyhospice.org)