



Volume 3, Edition 1

A Jump into the New Year

The ancient Babylonians are said to have been the first to make New Year's resolutions. January 1st was established on the calendar as the beginning of the new year circa 46 B.C. According to recent research, 45 percent of Americans say they usually make New Year's resolutions but only 8 percent are successful in achieving their goals.

Today's Top 10 Resolutions

1. Lose weight
2. Get organized
3. Spend less, save more
4. Enjoy life to the fullest
5. Stay fit and healthy
6. Learn something exciting
7. Quit smoking
8. Help others fulfill their dreams
9. Fall in love
10. Spend more time with family

Whether we resolve to return borrowed farm equipment (as the Babylonians did) or drop a few pounds, we are tapping into an ancient and powerful longing for a fresh start by setting resolutions!

Our 2023 New Year's Resolutions

The life and times of W.B. Frazier have certainly changed in the last few years. I'm in my 40's, married, and have a child now. And the old ways of putting off doctor appointments are going to change. So this year I will do something I normally don't - make a New Year's Resolution. By the end of March, I will have my well overdue doctor appointments on the calendar.

- Wesley Frazier

As I continue to trudge through the progressive fallout effects of this aging process, I have decided to do what I can to attempt to stem the tide. Some of my clothes are not fitting as well as they used to, and some things that were once easily done are becoming more and more challenging. As such, I am leaning into the value of voluntarily making the time to improve my health, before I become forced to involuntarily make such time in the future

I need to be able to actively play and engage with my granddaughter as she explores and discovers the world, adding variety to her range of experiences instead of potentially slowing us down too much. I owe it to the welfare of my household, my loved ones, and my clients to be there for them when and when they need me to be at my best.

- Dan Zimmerman

In years past my resolutions have been broad and vague. Things like working out, eating healthier, and time management. These types of resolutions or goals are difficult to measure. In business, we learn to set SMART (Specific, Measurable, Achievable, Relevant, and Time-Bound) goals. My resolutions will revolve around spiritual, physical, and mental well-being this year. My resolutions are as follows.

1. Enjoy family time and reflect on the success in life.
2. Better Health habits including tracking my workout days and being diligent with meal prep.
3. Continue with Charity to others.

May all your resolutions come to pass. Happy New Year!

- Peter Sciortino

For the upcoming new year, I have two goals that I would like to accomplish. First, I would like to start a systematic investment plan to fund my son's 529 account. Even though college is 14 years away it will make sense to start a systematic plan now. The second resolution is that I would like to be healthy and around for those college years so I want to partition a part of my basement into a workout room so I can stay physically fit. Enjoy 2023.

- Robert Streit

Bucket List: Goals

Similar to resolutions, we encourage you to establish bucket list goals. Watch the video below to get started on your own bucket list.



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