



FAVORITE QUOTES

JANUARY

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This month's quotes are all about "*RESOLUTIONS*." I hope you will find these quotes inspirational as well as encouraging, as you make your resolutions for 2020.

"Trying to change before you're ready isn't likely to be productive. For example, most New Year's resolutions don't last because people spring into action without being prepared for the work it's going to take. Forcing change based on a date on the calendar, rather than a true readiness to transform, can be a setup for failure."

—Amy Morin

"If I can't stay where I am, and I can't, then I will put all that I can into the going."

—Jeanette Winterson



"Yesterday the greatest question was decided which ever was debated in America; and a greater perhaps never was, nor will be, decided among men. A resolution was passed without one dissenting colony, 'that these United Colonies are, and of right ought to be, free and independent States.' "

—John Adams

"New Year's Eve is a great time to think about making a resolution to change a behavior, improve upon a practice, or to start something new. Most people don't keep their resolutions very far into the year, but there's no reason to wait until Dec 31st to reboot."

—Dana Perino



"If I can't stay where I am, and I can't, then I will put all that I can into the going."

—Jeanette Winterson

"If your new year resolution is to quit smoking, don't forget to also quit procrastination, and if your new resolution is to stop womanizing, don't forget to also stop procrastinating."



“The best resolution is your will to repent.”

—Lailah Gifty Akita

“The object of a New Year is not that we should have a new year. It is that we should have a new soul and a new nose; new feet, a new backbone, new ears, and new eyes. Unless a particular man made New Year resolutions, he would make no resolutions. Unless a man starts afresh about things, he will certainly do nothing effective.”

—Gilbert K. Chesterton



“It is useless for the sheep to pass resolutions in favor of vegetarianism, while the wolf remains of a different opinion.”

—William Inge

“I don’t believe in New Year’s resolutions. I think if you want to change something, change it today and don’t wait until the New Year.”

—Georgina Bloomberg

“Sometimes we know the best thing to do, but fail to do it. New year’s resolutions are often like that. We make resolutions because we know it would be better for us to lose weight, or get fit, or spend more time with our children. The problem is that a resolution is generally easier to break than it is to keep.”

—Peter Singer



“Resolutions are a wonderful thing if we can keep them, but many resolutions go by the wayside because we have not done anything different with our mindset.”

—Monica Johnson

“New Year’s resolutions have always been something to beat myself up with by the second week of January. It seems perverse to set yourself up for failure right at the start of the year.”

—Romes Ranganathan

“Good resolutions are a pleasant crop to sow. The seed springs up so readily, and the blossoms open so soon with such a brave show, especially at first. But when the time of flowers has passed, what about the fruit?”

—Lucas Malet



