



*Institute for Strengthening Communities  
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## New Year's Resolutions

Who hasn't made them? New Year's resolutions seem like something we all do. Here are some helpful hints on how to make this year's resolution work for you.

- 1) Plan out what steps you have to achieve to meet your resolution. Use small manageable steps in your plan.
- 2) Write down your resolution and your plan. Put it someplace where you can see it daily, such as by your bed or on your bathroom mirror.
- 3) Share your goal with someone else that also has a New Year's goal. You can support each other as you work towards change.
- 4) Keep track of your progress and reward yourself with each step you achieve. Rewards can be something like a snack, going to see a movie, or spending time with a friend.
- 5) Remember to be flexible. Life sometimes throws you curveballs you weren't expecting.
- 6) Stick with it! Experts say that it takes about 21 days for a new activity to become a habit.

## Activities

Teen Hangout  
Robert E. Lee Recreation Center  
220 S. Gilbert St, Iowa City  
M, Tu, W, and F 3-5 pm  
Th 2-4 pm

January 23 2:00pm – 3:00pm  
Family Tours  
University of Iowa Art Museum  
150 N. Riverside Dr.  
Iowa City

January 29  
Winterfest  
Amana

January 29 – October 30  
“Under the Big Top: The Circus in America”  
Herbert Hoover Museum  
210 Parkside Dr.  
West Branch

February 8 10:00am-12:00pm  
Bluebird Nest Box Workshop  
Lake Iowa Park Shop, south of Ladora  
\$5 registration fee and pre-registration required by  
calling 319-668-2461



Nacho Potato Soup Recipe Serves 6-8  
1 pkg (5 ¼ oz.) au gratin potatoes  
1 can (11 oz.) whole kernel corn, drained  
1 can (10 oz) diced tomatoes & green chiles, undrained  
2 c. water  
2 c. milk  
2 c. Velveeta, cubed

In a 3-qt. saucepan, combined contents of potato package, corn, tomatoes & water; mix well. Bring to a boil. Reduce heat; cover and simmer for 15-18 minutes or until potatoes are tender. Add milk & cheese; cook and stir until cheese is melted.

