



| BEC NEWS LETTER

January 2022

Resolutions Galore

News Resolutions come 'round every year. The truth about resolutions is that they never seem to be long-lived. Easily chosen and easily forgotten, resolutions remain elusive to most, so in the spirit of 'try, try again,' we take the new year as an opportunity to remake ourselves and start fresh. Yet, why do most New Year's resolution attempts seem to fail almost before they begin? Here are a few reasons that could help explain why we just don't seem to be able to commit.

1. It's a marathon, not a sprint.

Remember the character Varuca Salt from Willy Wonka? She wanted everything, and she wanted it *now*. Unfortunately the need for immediate achievement is not only not realistic, it's not probable either. The thing to keep in mind is that you didn't get to where you are overnight, so you shouldn't expect change to occur that fast.

Happy New Year!!



"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."
-Edith Love Joy Pierce



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2. You are 'getting ahead of your skis.'

Vision is important, but vision without action is merely a dream. In order to bring your results to fruition, ensure that you have committed to specific action steps to take on a daily basis, so you are slowly but surely gaining ground towards that resolution vision. Multiple steps over time gives you a slight edge over others who are trying to take leaps and getting nowhere.

3. You don't truly believe you can do it.

Living in the past is truly a failure mechanism. If you are judging yourself for what you did not accomplish last year, or years before that, you are going to fail. Every. Time. Time to put failure at the back of your mind, give a big, flying fist to fear and doubt, and...slay.

4. Best in theory, but not in action

People spend so much time creating their vision of a resolution that they wear themselves out with all that thinking. As discussed above, without action, your resolution is going nowhere. Sure, you can do some research, or join your friends in a new gym or group class, but if you don't show up, that resolution is already doomed to fail. The resolution was so good, and you were so pumped up...until you rejected all discipline in overcoming the complacency and sheer lack of motivation that strikes us all in the colder months. Time to get up and DO IT ANYWAY.

5. First World Problem

If there was a pill that could literally bring your resolution to completion in a day, everyone would just be doing that rather than continuing to set their sights on something they'll never fully commit to. There is no quick fix here. We tend to want instant gratification in our first world scenario, that we don't take time to really enjoy the process.

6. You aren't having fun

If your resolution is only adding stress to your life, then it is not going to be worth the time and energy you spend. If you are wanting to exercise more, but hate to exercise, then you should find something that causes you to move and disguises the exercise so you will stick with it. If you want to lose weight, but don't like restrictive diets, find a way to make food you love in amounts that will not cause you to overeat. If you continue to push yourself into doing something you hate, you will resent it, and stay away from it. Enjoy the journey!

7. Don't go cold turkey

The more you try to work from the point of perfection, the harder it will be to maintain it. Ease into the process, allowing small errors, or small amounts of not being 100% committed. Eat that cookie after a day of exercising and healthy eating. Just don't do that every day. See #1.

8. How are you measuring success?

First, are you even measuring your success? Start there. If you do not track where you start, and measure each day/week/month until you see progress, you will never truly know how far you've come. That makes it difficult to celebrate your true success. Use today's measurement as a springboard to beating that goal for tomorrow, and always work towards besting your last measured result. Watch how far you go.

9. No one is cheering you on

As much as we want to handle our resolutions on our own, it makes it difficult with all the peer pressure and terrible dieting temptations we have surrounding us at any given moment. Find yourself a buddy or good support team to help cheer you on and share that sentiment in their achievements. This makes it easier to stay motivated and keep on the pathway to achieving your own goals too. And come on...admit it...you sort of like the attention too...it feels good to be cheered for!

10. What is not why.

Make sure you know the difference between *what* you are doing versus *why* you are doing it. Get clarity on *why* you want to make the change, reduce your weight, or become the new and improved version of yourself. Who is it for? How will it add value to your life overall? Once you know *why* you are doing something, it makes you connect more emotionally to the *what*. The two together equal magic, and you will be more inclined to see success by knowing the difference.

By Shannon Johnson





EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

THE BREAKFAST
EXCHANGE CLUB OF
BILLINGS, MT
PO Box 2224
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www.breakfastexchangeclub.org

Exchange, America's Service Club, is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities and its national project, the Prevention of Child Abuse.

January 2022

Committee Happenings

BECON Committee January - Shannon J
Invocation Committee - Teal Kaufman

Volunteer Opportunities

1/15 - Fluffy (Gabriel Iglesias)

1/22 - Supercross

****Don't forget to mark yourself either 'request to work' or 'unavailable' so we can schedule those members first who need to get their events for the year.**

New Members

Last month we added three new members to our club! Please help me welcome Dain Pyburn and Brice Baker from Intermountain Distributing and Krystal Kelly from The HUB International.

Distinguished Member News

Distinguished Club Member, Bruce Jensen, will be celebrating his retirement on December 31, 2021, from Intermountain Distributing after 38 years of service. Congratulations to you Bruce! We wish you all the best on your new adventures in the New Year and the many years to come. When asked to give a brief word about Bruce and his invaluable service over the years, Justin Strecker, the Big Kahuna of Intermountain said: "He's an old fart." One thing we know for sure, is that Bruce is invaluable to the Breakfast Exchange Club and is a magnificent beam of sunlight each and every Friday morning meeting. Cheers to you Bruce!



We want to see you!

If you are able, come weekly at 7:00 a.m. on Friday to the Metra Cafe and get to know your fellow Exchangites!

10 New Year's Resolutions for Stress Relief



Perfect your sleep hygiene



Find a hobby



Focus on your relationships



Listen to music more



Declutter your home



Learn breathing techniques



Schedule daily meditation time



Replace negative self-talk



Take up yoga



Create a five-year plan



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

RECOGNITION

It's time to celebrate YOU!! We have so many valuable members in the club and it's high-time that you were recognized for your years of service. So this section of the newsletter has been added this year to do just that!

The following members have been part of the Breakfast Exchange club for 5 years or greater. Please take the time to send an email, give a pat on the back, or give a fist-bump to these loyal members.

Brad Kimball	23 years	Joined 1/01/1999*
Kris Koessl	15 years	Joined 1/01/2007
Lee Stadtmiller	09 years	Joined 1/14/2013
Chuck Rutherford	09 years	Joined 1/15/2013
Shannon Christensen	08 years	Joined 1/16/2014
Amber Parish	07 years	Joined 1/12/2015
Shawnee Krauszer	07 years	Joined 1/22/2015
Scott Krauszer	07 years	Joined 1/22/2015
Ryan Jenkins	07 years	Joined 1/22/2015
Brett Foster	05 years	Joined 1/11/2017

***Distinguished Club Member**

**THANK YOU FOR YOUR SERVICE TO THE CLUB
AND TO OUR COMMUNITY!**

