

# Employee Services, Inc.

A Division of



## Monthly Newsletter

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### Starting Fresh in 2006!

People the world over make New Year's resolutions. Often, what we vow to improve is a specific behavior related to health, weight, exercise, human relations or income. And it should come as no surprise that over 85% of us ultimately fail year after year in making these important changes, according to Opinion Research Corporation of Princeton, NJ. Possibly because of this sad statistic, ORC reports that fewer than 45% of Americans are even bothering to formulate resolutions for 2006.

So maybe a new approach to change is needed. For example, getting "back to basics" and looking upon the New Year as an opportunity to unleash a fresh outlook on life, whereby better health and relationships will follow automatically. A good starting point might be the *10 Rules for Being Human*,

1. **You will receive one body.** You may like it or hate it, but treat it well because it's your's to keep for the entire period.
2. **You will learn lessons.** You are enrolled in a full-time school called "life."
3. **There are no "mistakes," only lessons.** Growth is a process of trial, error and experimentation. The *failed* experiments are as much a part of the process as the experiments that ultimately *work*.
4. **Lessons will be repeated until they are learned.** A lesson will be presented to you in various forms until you have learned it. When you have learned it, you will go on to the next lesson.
5. **Learning lessons does not end.** There is no part of life that doesn't contain its lessons. If you're alive, that means there are still lessons to be learned.
6. **There is no better place than "here."** When your "there" has become a "here," you will probably obtain another "there" that will again look better than "here."
7. **Other people are mirrors of you.** You cannot love or hate something about another person unless it reminds you of something that you love or hate about yourself.
8. **What you make of your life is totally up to you.** You have all the tools and resources you need. What you do with them is completely up to you.
9. **Your answers lie within you.** The answers to life's questions are present within you, if you can get past contrived, self-serving and self-pitying explanations. Look, listen and trust.
10. **You will forget all of this.**

Perhaps a good resolution for the New Year will be to purposely break Rule #10! Maybe if we all simply remind ourselves of the *10 Rules for Being Human*, we will find ourselves taking better care of our bodies, our families and co-workers and learning new lessons every day.