

Grandma's New Year's Resolution

What more can be said about New Year's resolutions that has not already been written? We have all made resolutions and we have all broken them. It would be great to lose some weight, exercise more, save more money; but are those the most important goals we should be focused on?

An elderly client from years ago was on her death bed when she shared some incredible wisdom about setting goals and making resolutions. She proceeded to tell me that as she looked back on her long life of 92 years - her weight, dress size, and bank account were not a source of happiness or unhappiness. They were simply factors at that stage of life, with many things outside of her control influencing those issues. Although she could have dropped 15 pounds in 1961, she had four kids under the age of six and "that wasn't the most important thing in my life at that time."

She went on to tell me the most important things in her life, including her 60 year marriage, four beautiful kids (and their spouses), grandchildren, her parents, siblings, Faith in God, overall good health, and countless friends. She told me most New Year's resolutions are typically selfish endeavors - look better, have more money, have more free time.

She emphasized that any time she focused on other people, she was more fulfilled. As a result, each year she resolved to focus her energy into helping a handful of people. Initially she focused on her adult children and staying in daily contact with them. As grandchildren arrived, it was easy to dedicate her energy into making their world brighter. As she aged, she searched out people in her circle who were lonely, widowed, disabled or in need of some time and attention.

As we make plans for 2021, perhaps we start with the end in mind. Who are the most important people in your life? Resolve to spend more time with them.



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