

Jonathan Coulton

"Resolutions"

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I will clean up my toys.

I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating.

I won't tease dogs - even friendly ones. I will avoid being bitten by keeping my fingers and face away from their mouths.

I will drink milk and water, and limit soda and fruit drinks.

I will apply sunscreen before I go outdoors. I will try to stay in the shade whenever possible and wear a hat and sunglasses.

I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!

I will always wear a helmet when bicycling.

I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.

I'll be nice to other kids. I'll be friendly to kids who need friends - like someone who is shy, or is new to my school.

I will take care of my body through physical activity and nutrition.

I will choose non-violent television shows and video games, and I will spend only one to two hours each day - at the most - on these activities.

I will wipe negative "self talk" (i.e. "I can't do it" or "I'm so dumb") out of my vocabulary.

When I feel angry or stressed out, I will take a break and find constructive ways to deal with the stress, such as exercising, reading, writing in a journal or discussing my problem with a parent or friend.

When faced with a difficult decision, I will talk with an adult about my choices.

I will be careful about whom I choose to date, and always treat the other person with respect and without coercion or violence.

I will eat at least one fruit and one vegetable every day.

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Happy New Year

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