

ONE MONTH INTO THE NEW YEAR: HOW MANY RESOLUTIONS HAVE YOU KEPT?

Ft. Lauderdale, Florida....How many pounds have you lost since January 1st? How much exercise have you been getting since the clock struck 12 on December 31st, 2007? Have you prepared that resume in your search for your new job? What about going back to school to get that degree you have been dreaming about? Have you started that book or the screenplay you've been talking about since, well, forever?

If you started the new year with a loud and exciting pop of the champagne cork and the best of intentions as you watched the ball drop in Times Square, the big question is, what have you accomplished in the thirty days (4 weeks) since you cleaned the confetti out of your hair? If the answer is nothing then you are for sure headed for another year where all you'll do is dream about the life you want instead of actually doing something about making it happen.