

Postcards by Pinch

Vol VI | December 2024





Rethinking New Year Goals - Making Resolutions That Work



The New Year is a season of fresh

starts, and resolutions are often the centerpiece of our aspirations for change. Whether it's committing to a fitness regime, improving finances, or finding more time for loved ones, resolutions carry a sense of promise. Yet, most resolutions fade by February, leaving us wondering what went wrong.

It's not the lack of motivation to change—it's often that we set goals that don't fit our lifestyles or bring genuine fulfilment. They can feel more like to-do lists than pathways to joy. Instead of grand declarations, meaningful resolutions emerge when they align with what truly makes us happy and the small but consistent steps we can take toward that happiness. For example, resolving to spend an extra hour a week with family or finding time to explore a hobby may offer deeper rewards than abstract targets.

Arthur C. Brooks, writing for [The Atlantic](#), suggests focusing on habits that align with our emotional well-being. Goals like expressing gratitude, cultivating meaningful relationships, or finding time to enjoy nature are often overlooked in favour of productivity-driven ambitions. Yet, these simpler, value-based resolutions are often more fulfilling and easier to sustain. Here's how we can rethink our goals for 2025.

Start Small: Instead of promising yourself a drastic overhaul, look at incremental changes. Want to be healthier? Begin by adding one home-cooked meal a week or taking a 15-minute walk each day. Small victories build momentum.

Be Specific: Vague goals like "read more" or "get fit" are hard to measure and track. Instead, resolve to finish a book each month or complete a short workout



twice a week.

Keep It Flexible: Life can get in the way of even the best plans. Goals that allow some flexibility—like meditating "most days" instead of "every day"—are easier to keep without guilt.

Celebrate Progress: Reward yourself for milestones, however small. Progress should feel good, not like a relentless march to perfection.

Reflect & Refine: A New Year resolution doesn't have to be set in stone. Revisit your goals mid-year and adjust them to fit your evolving priorities.

If resolutions don't resonate with you, you could try adopting a guiding principle or theme for the year. For instance, curiosity could inspire learning new skills or exploring new places, while balance might guide decisions between work and rest. These overarching themes give a sense of direction without the rigidity of specific goals.



Another alternative is to focus on habits rather than outcomes. Instead of aiming for a particular achievement, resolve to build habits that create space for growth—like journaling weekly, meeting a friend for coffee regularly, or saying no to commitments that drain your energy.

Resolutions aren't about fixing ourselves—they're about growth, however imperfect. Whether you choose to embrace traditional goals, guiding principles, or simple habits, what matters is their connection to what you genuinely care about. Start small, be kind to yourself, and remember: real change happens in moments, not in grand gestures.

As we step into the New Year, it's an opportunity to focus on progress over perfection and to approach each goal with intention and care. The most meaningful resolutions are those that resonate deeply, helping us nurture what matters most in our lives.



To Watch

The Secret Life of Walter Mitty

A film adaptation of James Thurber's short story by the same name, *The Secret Life of Walter Mitty* beautifully captures the essence of stepping out of your comfort zone. It takes you on an unforgettable journey. Starring Ben Stiller, this visually stunning and emotionally rich tale inspires us to embrace the extraordinary within the ordinary. From breathtaking landscapes of Greenland, Iceland, and the majestic Himalayas to heartfelt moments of self-discovery, the movie is a poetic reminder to live boldly and cherish the small, yet meaningful, experiences that make life truly worthwhile. Perfect for the New Year—a time to reflect and dream big.

To Own

Recovery Slippers, Alo

Alo's Recovery Slippers are designed to cradle your feet with plush, cloud-like cosiness. Perfect for lounging or post-workout recovery, these slippers feature a quilted design and a soft faux-fur lining for warmth. The saddle-ivory hue adds a touch of elegance, making them an elegant winter essential.





To Use

Retro Black Stainless Steel Mini Kettle (0.8 L), Smeg

Marrying functionality with chic design, the Smeg Retro Mini Kettle is a stylish addition to any kitchen or tea corner. Its compact 0.8L capacity is ideal for quick brews, while the stainless steel construction ensures durability. The retro-inspired design in classic black adds a sophisticated touch, elevating your tea rituals with a dash of luxury.

To Pause & Reflect

Annual Review Workbook, reMarkable x Farnam Street

Begin your year with some reflections using the reMarkable Annual Review workbook. With 13 thought-provoking prompts, it offers a space to revisit your achievements, reframe challenges, and map out your aspirations for the year ahead. The workbook also has three practical mental models to analyze choices and patterns. Designed to help you focus on growth and gratitude, the workbook encourages clarity and mindfulness—because a well-thought-out start often leads to a fulfilling year.





Make Time for More

