

2022 New Year's Resolutions: Stay Focused and Happy While Exploring Your Roots at <http://www.kuzmich4.com/Facebook/2022%20New%20Year2.pdf>

I had no idea that New Year resolutions had a history of 4,000+ years. The **ancient Babylonians** are said to have been the first people to make **New Year's** resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year—though for them the year began not in January but in mid-March, when the crops were planted. For more historical accounts of New Year resolutions, go to <https://www.history.com/news/the-history-of-new-years-resolutions>. Today, the most popular New Year's resolutions are about **self improvement** (living healthier 23% of people, getting happy 21%, losing weight 20%, exercising 7%, stopping smoking 5%, reducing drinking 2%). In addition, people resolve to meet career or job goals (16%) and improve their relationships (11%).



Reality Check for 2022

Each day is a day of decision. President Thomas S. Monson has taught us that “decisions determine destiny.” The wise use of your freedom to make your own decisions is crucial to our spiritual growth, now and for eternity. “You are never too young to learn, never too old to change. Your yearnings to learn and change come from a divinely instilled striving for eternal progression. Each day brings opportunity for decisions for eternity.”

Here's How To Achieve Reality for 2022 Genealogical Endeavors

With this new year, it is a perfect time to become better organized with your genealogical endeavors. Janine Adams, **a professional organizer and a genealogy enthusiast**, provides good overview of inspiration in her *My 2022 Family History Goals* at <https://organizeyourfamilyhistory.com/my-2022-genealogy-goals/>. With reference to family history pursuits, here's what **Janine Adams**, committed for the first quarter of 2022 in the previous link with more tasks to the rest of 2022.

- **Eliminate backlog of downloaded files to process** at <https://organizeyourfamilyhistory.com/process-downloaded-document/>
- **Continue checking my source documentation** at <https://organizeyourfamilyhistory.com/checking-my-sources/> to make sure everything's accurate and complete
- **Prepare for the 1950 census** at <https://organizeyourfamilyhistory.com/preparing-for-the-1950-census/>

Closing Comments: more encouragement

Still looking for more motivation to do family history in 2022? Here is more encouragement at *Happy New Year! Time for a 30 x 30 challenge* by Janine Adams at <https://organizeyourfamilyhistory.com/author/orga5046/>

Happy New Year to each and all of you between China, Costa Rica, and Eastern Europe and locations in-between!



The tradition of New Year's Resolutions is actually over 4000 years old.

They started with the Ancient Babylonians, who would start each year promising their gods that they would pay off their debts and return anything they borrowed.

