

New Year's Resolutions



Sophie Malmen '23

"In 2023 I plan to overall manage my time better. I would like to prioritize my time with my family over my friends to strengthen our relationship. I love my friends, but family is most important to me."

Cal Butcher '23

"My New Years Resolution is to become a better baseball player. I will be more loyal when it comes to attending practice along with finding time to improve my skills outside the field."



Hannah McVey '24

"I want to manage my time better by not being late to things that are important to me. This way, I can be on time to early bird lifting in the mornings, and track practices in the spring."



Ryan Doyle '23

"My New Years Resolution is to eat a lot healthier and cut down on caffeine. It's really easy to get caught up in energy drinks and junk food, so I want to put it to an end in 2023."



Katie DelCorso '23

"My New Years Resolution is to not procrastinate when doing homework, rather than waiting for it to do itself. My other resolution is to decrease my caffeine intake since I'm addicted to Atomic."



Many find themselves struggling to find joy once a new year comes around. However, as the New Year hits, it should be seen as a fresh beginning for everyone. It creates a new era for people, giving them the chance to accomplish something they've always wished for. There is no better time within a year to improve oneself. With every year that goes on, people can make changes to themselves, achieving things never seen as possible. This way, we constantly grow and evolve as individuals. Nobody wants the same old boring thing every single year. With the rejuvenating and exhilarating energy 2023 will bring, we should use it to our advantage.

By Caity Burke

2023

What Makes New Year's Resolutions So Important?



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are a great motivational way to help improve yourself. People set high expectations for themselves, it can improve their confidence, gives them something to keep busy, and yet another goal to strive for."

Karlee Sutherland '23



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give you a valid reason to better yourself. With this desired goal, there's really no reason to not follow through with it. this is because since it's the new year, it's the perfect time to make a change, if any."

Deen Nair '23



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are ways to improve oneself. They allow you to set your goals, motivate yourself, while pushing through when times get tough. I think a New Year's Resolution can really shape a person."

Adrianna Slings '24