Make This the Best Year Yet

Call up a neglected friend. Drop an old grudge and replace it with some pleasant memories. Share a funny story with someone whose spirits are dragging. Send an e-mail to an old friend. A good laugh can be better than any medicine.

Encourage some youth to do his or her best. Share your experience and offer support. Young people need role models more than they need critics.

Make a genuine effort to stay in closer touch with family and friends. Resolve to stop magnifying small problems and shooting from the lip. Words that you have to eat have no nutritional value and can be hard to digest.

Find time to be kind and thoughtful. All of us have the same allotment—24 hours a day. Give a compliment. It could provide someone with a badly needed lift. Think things through. Forgive an injustice. Listen more. Be kind.