# MY NEW YEAR'S NON-RESOLUTIONS

I'd like to start with a simple, yet somewhat bitter truth about myself: new year's resolutions have never been the strong side of my reasoning. In fact, believe it or not, I don't even remember ever making one, let alone realise it. So that's why it is somewhat difficult for me to write about the topic I've never given much attention to.

Well, I understand that, to some of you, this may sound a bit confusing. For instance, you might say that new year's resolutions are all about making plans. And yes, I can see that, only that in my case any amount of future planing has proven extremely difficult, sometimes even entirely futile.

I don't know – perhaps it is just my fatalistic point of view which leads me to think that we do not actually have much choice in the way how we are going to shape our life paths, or that many aspects of our living have somehow already been defined for us.

Consequently, I prefer to look at my life as a series of circumstances that simply demand certain way of reaction. But here's another reckoning: the older we get, the more limited are our chances. Yes, sometimes living in a human body can be quite a burden. Supposedly, that's why so many new year's resolutions are connected to our health and well-being in general.

Moreover, we now find ourselves living in times that, for my part at least, do not resemble anything we had experienced in our past. Of course, here I am referring to the COVID-19 pandemic that has turned our lives into some sort of comfortable imprisonment with a serious deprivation of social contacts.

So, even if this short article seemed like an easy-peasy piece to write, I must admit that for me it represented quite a challenge. Thus, I decided I would have to find out what other people had to say about their decisions, and in the end it was just like another 'Uncle Google Knows It All' situation. Eventually, I chose one site with lots of suggestions and decided to make some personal comments on people's thoughts.

And, indeed, I soon realised that making new years resolutions is again one of those globally introduced cultural mainlines that in recent decades have become so typical of every 'westernised' country, based on presumably common set of values and aspirations.

For example, **'Eat more healthy and hence get it shape'** has definitely earned itself the first place among every possible set of resolutions people tend to think about. Why? Because the obsession with personal appearance has become the all-important rule in order to achieve any kind of success at almost every level of human existence (personal, social professional etc.). In my case, I can say, achieving a better shape could be fairly difficult, because the first impression the others get about my image is that of a disabled person with mild form of cerebral palsy. And then, the impression is nearly always followed by some form of explanation.

**'Meet new people'** was second of the resolutions found on the list. I consider myself as a very extrovert and sociable person, always open to new experience and new acquaintances. But, was this resolution really written for the year 2021? I would think not. In the time of general lockdown, we are more or less strongly advised NOT TO MEET other people and to reduce our social interactions to a minimum. Well, again you may think of me as overly pessimistic, stressing the importance of digital means of communication. However, I would still argue that all sorts of digital reality cannot outweigh the value of genuine face-to-face conversation.

Understandably, many of you may regard my opinion(s) as outdated and thus irrelevant. Yet, I still believe, there exists the lowest common denominator to all our wishes and hopes for the future: as for myself, I WISH THAT EVERY NEW YEAR WOULD BE BETTER THAN THE LAST ONE. And I'd say we can all agree on that. What about you?

dr. Milan Franc

predavatelj angleščine v DOBINEM jezikovnem centru