

POP 2025

(Progress Over Perfection)

Good intentions are great but action is even better! As a new year begins it's a great time for a refresh; to do the things we all contemplate but unfortunately never seem to get to. Progress is very personal, what matters is to start & then to continue. I find myself getting overwhelmed if my goals are too lofty & my intentions too big so this year I am beginning what I call my POP program. Progress Over Perfection is about each day doing little things instead of tackling a huge project that quickly overwhelms me & never gets done. It could be as small as cleaning out a kitchen drawer or organizing the garage. I will determine what I want to do on any given day. My only requirement I am making to myself is that I MUST do at least one little thing everyday. Good habits make for good outcomes & this is my resolution for 2025! I hope you join me on this journey & below I have listed a few things to help me start on my POP journey. Hope these inspire you!

Clean & organize a drawer	Purge & sort clothes
Take a walk/walk twice as far	Send a card to a friend
Volunteer/donate	Weed your garden
Workout/eat healthy	Eat out less/cook at home
Phone a friend or relative	Plant a garden
Make a gift list & shop early	Cancel unused subscriptions
Pray daily	Visit the library & read
Try new recipes	Learn a new skill/hobby
Travel (road trips are best)	Set a budget & save the rest
DIY projects (youtube is great)	