



**Presented by: Larry W Denson, Managing Partner**

### **New Year's Resolutions**

If we're being honest, the holiday season can be exhausting. It can be full of fun and parties and wonderful times, but for many of us, the season is also a chronic state of *busy*. Every year around this time, I make an effort to pull away from the "joyful noise." I find a quiet time to think about the successes and challenges of the year gone by and put some deep thought into my goals for the year ahead.

According to the website **statisticbrain**, 41% of Americans usually make New Year's resolutions. (For comparison, about one-third of Americans watch the Super Bowl.) But for all the good intentions, only a tiny fraction of us keep our resolutions; just 9% of people achieve their New Year's goals.

Common ingredients for successful resolutions are simplicity and tangibility. Vague goals beget vague resolutions. Do you make New Year's resolutions? Have you been successful? I'd love to talk about it some time. Maybe we can inspire one another to be among the 9%.

May this year bring you and your loved ones all good things.

CAR: 1017-04799

Investment products and services are offered through Wells Fargo Advisors Financial Network, LLC (WFAFN), Member SIPC. MDT Financial Advisors, LLC is a separate entity from WFAFN.