



DISCOVERY

INSTITUT LATIHAN PERINDUSTRIAN MERSING

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creative **council**

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A New Year's resolution is a promise made to oneself at the beginning of each year. Typically, resolutions are intended to help us live better lives, such as "I'm going to get off the couch and go to the gym this year." Many believe the New Year is an excellent time to make such changes because it represents new beginnings.

WHAT'S THE HISTORY OF NEW YEAR'S RESOLUTIONS?

People have used the beginning of a new year to make positive life changes for centuries.

Since Ancient Rome, the popularity of New Year's resolutions has grown substantially. In the early 20th century, only about a quarter of people made a New Year's resolution, but that number is now closer to forty per cent.

DO NEW YEAR GOALS ACTUALLY WORK?

It's not surprising that most of us break our New Year's resolutions. Although studies on the subject vary, some estimate that nearly 90% of us still need to keep the changes we make!

This could be a result of many of you setting unattainable goals. According to a different study, up to a third of us admit that our New Year's resolutions are too lofty. As for the others, some need help keeping track of their progress (if any!), while others set too many goals and need to remember them. Therefore, the best advice we can give you if you want to change this year is to keep it short and simple!

New Year's resolutions are still a great way to start habits that may promote learning or better behaviour in the classroom and schools. They're also a great way to inspire fellow ILP Mersing students to change for the better on their own.

by: Razi Hamizan bin Muhammad Geoffrey

RESOLUTION IDEA



1 PRACTICE MINDFULNESS

Anxiety may plague anyone at any time of year and in all aspects of life, and it can be easy to let future expectations or past events colour your perception of the present. Sabrina Romanoff, Psy.D., a clinical psychologist in New York City and professor at Yeshiva University, explained that practising mindfulness is making every effort to be grateful for what you have in the present, where you are in life, and who you are right now. According to Romanoff and other prominent psychologists, practising mindfulness can help you become a better person in less than a year.



2 ADOPT A BETTER SLEEP SCHEDULE

So many problems may be traced back to inadequate sleep. Nevertheless, there is a great deal more that we can strive to improve besides a reasonable bedtime. Creating a plan to improve your sleep hygiene — the behaviours you maintain to have a restful night's sleep every night — may vary from person to person, depending on when you need to be active and working during the day. Your brain relies on cues to control your internal circadian rhythm, and your day-to-day decisions can disrupt them.

MAKE NEW FRIENDS

Starting a new hobby is one thing, but joining a club will allow you to meet new people. Digital social platforms can help you find a group of people who share your interests, and you can work on creating digital meetups while making new friends.



EXERCISE YOUR BRAIN

Scientists are constantly learning more about how humans work to prevent cognitive decline — and while data is mixed, one thing is certain: games can play a role here. Duke University researchers studied participants' brain activity while they completed simple math problems and discovered that solving them feels like a reward, which helps to reduce negative feelings.



COMMON RESOLUTIONS

by: Muhammad Farid bin Mohd Rafee

At New Year (1st January), many people resolve or decide to do something or not do something. That is called a "New Year's Resolution". For example, they might determine to do more exercise, stop smoking or work harder. What is your New Year's Resolution for 2023? Here are some of the standard resolutions that you can make.

HEALTH AND WELLNESS

- losing weight
- quitting smoking
- drinking more water
- cooking at home more to eating out less
- eating more vegetables
- reducing junk food consumption
- cutting back on alcohol
- incorporating exercise into your workday
- going to the gym every day or a set number of days each week
- exercising a certain number of hours or minutes each week



PERSONAL RELATIONSHIP

- spending more time with your family
- being nicer to your family members
- committing to calling home more often
- letting go of old grudges
- deciding to be a better husband or wife
- promising to stop gossiping about family or friends
- committing to seeing your friends in person more regularly
- sending personalized thank, you notes to people who do nice things for you
- connecting with people in real life beyond just social media



FINANCIAL

- paying off credit card debt
- staying out of credit card debt
- stopping credit card purchases beyond what you can pay in full each month
- putting extra money with your mortgage payments to pay your house off faster
- saving a portion of your paycheck each pay period
- living within your financial means
- making smarter money decisions
- committing to sticking to your budget
- starting a retirement savings plan



6 GUIDELINES IN MAKING RESOLUTIONS

by: Amir Shah Azizan bin Abdullah

1 STICK WITH YOUR DECISION

Successful resolutions begin with a firm determination to change. You need to have confidence in your ability to attain your goals if you want to be successful.

2 STICK WITH YOUR DECISION

Motivation is the key to achieving goals. But if you set the bar too high, you run the danger of failing. Think twice before making the same resolution you did the year before. If it didn't work back then, be sure there is a solid reason to think you can accomplish it this year.

3 STICK WITH YOUR DECISION

Write out your resolution. It's a straightforward but effective method for making your goal a reality. When we take the time to accomplish this, something inside of us reacts with greater dedication and zeal.

4 DEVELOP A PLAN

Start by visualising the destination. From there, retrace your steps to where you are now. List all of the intermediate goals you must accomplish. Make a plan for how you'll reach each of these objectives. You must be aware of each phase and have a strategy for the following one.

5 USE REMINDERS

If you have a lot of other responsibilities, obligations, and commitments, staying effort into your strategy may take time. Create an official reminder system to help you follow through on your resolution. Make sure you can see your written resolutions. Place reminders at the place you will be at daily.

6 MONITOR DEVELOPMENT

I want you to know that you must be aware of the completion of each milestone since your enthusiasm for the minor victories will keep you motivated and moving forward. Keep a journal and regularly write entries on your development. Keep track of the times you felt very proud of your efforts.

BUILD A BETTER BUDGET

by: Muhamad Bazli Ammar bin Mahayudin

SET YOUR GOALS EARLY

When making purchases this fiscal year, we must be cautious and prepared to understand what we hope to accomplish in 2023.



SAVING THE MONEY

There are numerous financial issues that students face. Therefore I hope to help them by providing advice on how to budget their expenditures, save money while studying, and avoid going overboard.



AS A STUDENT BUDGET

When we shop, we must effectively manage our finances and ensure that the money we spend or earn is in good shape and not wasted.



Follow us on  for more digital content!



by: Ahmad Shafiq bin Ab Salim



by: Muhd Fakhrurrazi bin Muhamad Halid



by: Muhammad Aliff Aiman bin Shahrudin



by: Muhammad Farish Fahmi bin Amlan

DON'T GIVE UP

These are the ways you can make sure not to give up on your resolutions!

by: Jaazli bin Ahmad

1 Many of us set our goals and then try to achieve them alone. We need to think more - strength in numbers; by sharing our plans with others, we are more likely to succeed.



HIGH EXPECTATIONS

2 If you want to achieve your goals, put an achievable number rather than leaving it open-ended or expecting the world in just a few months.

3 GIVING UP TOO EASILY

We need to hang on in there! Having a plan of how you will achieve your goals once the excitement wears off can help you stay focused.



4 NOT ENOUGH TIME

Setting time in advance can help to knock your goal down into manageable time frames. It takes a good planning.

5 NOT SELF-BELIEF

There is no such thing as 'I can't'. This is a big contender for goals, as you must believe you can do it to try. Don't you think you can do it? Prove yourself wrong!



2023



RESOLUTIONS



One thing I want to eliminate is procrastinating, and it's difficult to snap yourself out of it, so I'll need to put in much work to change this bad habit; stop procrastinating!

Noor Adzwan b. Rushdy Hakanul



My main resolution this year is to pass my PW2 test. Not only to improve my skills but it will also be an outstanding achievement to reach my career goal.

Muhammad Akram b. Zamri



My main resolution remained the same: to improve my AC skills and to use my time wisely in order to achieve my good outcome.

Muhammad Hafiz b. Mohd Ariffin



My main goal is to be the best student in my Institute in order to make my family happy and to gain respect from everyone.

Muhd Nafez Zikri b. Mohd Nazri



Instead of spending so much time hunched over and staring at phones. This year, I want to stretch for five minutes regularly as a habit to loosen up those tight muscles.

Muhammad Haziq b. Hamidi