

# Welcome to 2016. Do something small right now

written by Holly

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By Holly Lisle

New Year resolutions tend to be enormous. Lose 100 lbs. Become a professional novelist. Make a million dollars.

By making resolutions this way, we make them impossible. The ONLY New Year resolution I completed successfully was this one. "Finish a novel before I turn 25."

And I finished that one because I sat down and figured out how many pages I would have to write per day to hit it. I fell behind on my self-imposed deadline a few times, but each time, I simply sat down and figured out how many pages I would have to write NOW. About two months before my birthday, I discovered that if I wrote twelve pages a day during the whole glorious week I was on vacation in our time-share at Myrtle Beach, I would finish the book a month early.

So that's what I did.

You lose 100lbs one pound at a time. Write a novel one page at a time. Make a million dollars one dollar at a time.

I have a little video for you. Takes ONE minute to watch. Bear with me, because this isn't about saving for retirement.

It's just about doing something small. Today.

<http://www.youtube.com/watch?v=xZpjmBGIp44>

This matters. It's the secret to living YOUR life.

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