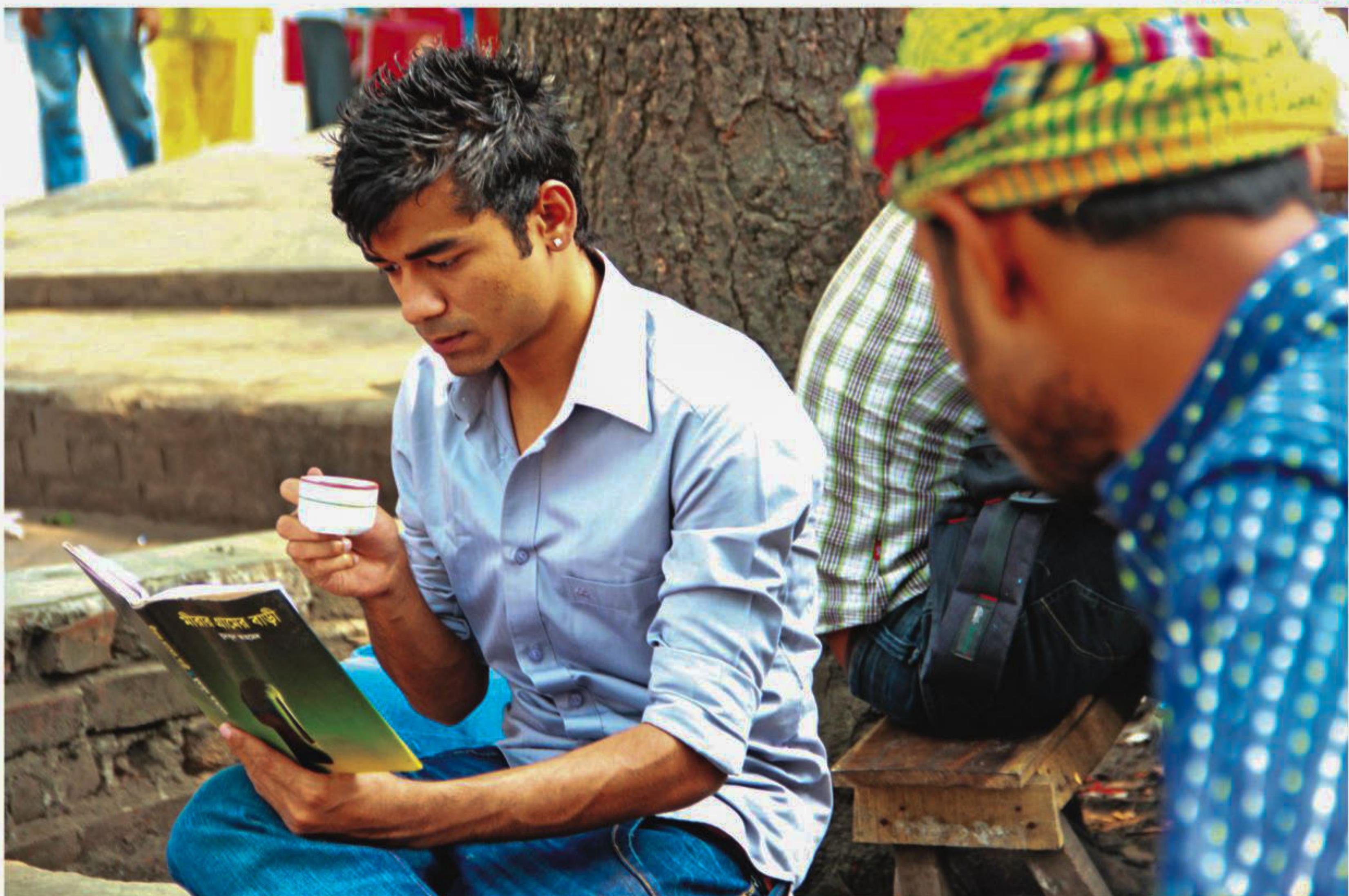


5 REALISTIC RESOLUTIONS

NAZIBA BASHER

PHOTO: KAZI TAHSIN AGAZ APURBO

We usually tend to go a little overboard with our resolutions. "I'll lose 50 Kilograms this year!" says someone finishing off a whole plate of pie, or something of the sort. All you have to do is try and do something that you haven't been able to do last year. As long as you treat every year like a chance to be better than the last, you're good to go. Here are five realistic resolutions you can keep for 2017.



1

Educate yourself: No, I'm not calling you uneducated. And no, I don't mean open your seventh grade science books again either. What I mean is that you can delve into any subject you want. Education has no end, and whether it's something academic like the Psych 101 classes you always dreamed of taking, or a new dance form that caught your attention- go ahead and learn!

2

Read more: Most of my articles have this one advice. And I will never stop giving this piece of advice until I see a book in every teenager's hand! The more you read, the easier it is for you to carry the first resolution I have listed. It sharpens your mind, increases your vocabulary and can take you to worlds unknown. Really, what's your reason not to? Like I said before, everyone is a reader- they just haven't found their perfect book. Go ahead and find that book of yours this coming year.

3

Quit your bad habits: Whether you are a smoker, an alcoholic, a spendthrift, a white-liar, or someone who has the habit of being/sounding rude- quit it, quit it now. This is the time when you can really improve yourself, through your resolutions. When you promise yourself to be a better person, it's harder to break that promise.

4

Spend time with yourself: With the chaotic life that us Dhakaites lead, we often forget to give time to the most important person in our lives- our selves. To nurture our talents, to pleasure the mind, to relax, or to organise our thoughts- we need to spend a significant amount of time with ourselves. Take out at least one hour a day for yourself; you will see a significant change in your life.

5

Learn to be tolerant: In the hateful world that we live in, humanity and tolerance are something we desperately need to instil in ourselves. When you see a person that thinks, acts, walks, speaks, believes differently than you- there is absolutely no need for you to isolate or harm that person unless and until they are harming you. Be more human, and help those in need. Always remember, in 2017 and after, love conquers all.

Happy New Year to all our readers from the Star Weekend.



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