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## On the Right Track Baby . . .

Alissa Harris  
*Concordia University - Portland*

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Alissa Harris

*Let me describe for you the awe that I feel when looking at my list of New Year's Resolutions over the years (yes I save them, like a packrat). Hab! Right. It is impossible. I wish I could convey to you the awe in my heart I have for the changes I have made in who I am, who I want to be, what is important. Life has taught me so much that I am so very grateful for.*

*Take a look!*

### New Year's Resolutions

**Freshman year:** Become independent from my parents. Set up my own life away from them. Keep as little contact with them as possible. Prove that I don't need them anymore.

**This year's resolution:** Try to call them as often as possible. Remember how very important they are to my life and just how grounded I feel as an adult woman, having them in my life. Thank them every day in my heart for doing the best they could with what they had for me. Work toward growing the seed of friendship, over the years. I need my parents and they need me as well.

**Freshman year:** Don't gain the freshman fifteen. For that, my friend, would be the absolute kiss of death. To avoid this, work out everyday, eat light, liquid fast when your weight creeps up.

**This year's resolution:** Continue to love and accept myself no matter what. Remember that beauty is what is inside of you and work towards the ultimate goal of being happy. Work out because it makes you feel good. Eat for energy and health. Don't worry about your weight, life is too short to spend it counting calories.

**Freshman year:** Rope the boy you want.

**This year's resolutions:** Want the boy you roped. Remember that loving some one is about deciding to love them. Learn and grow from loving Jared and keep him an important part of your life. Move forward in the relationship remembering that love may not always be fun, it may not always be easy, but the choice to grow with some one is the choice to build with that person. This means loving beyond the faults and quirks.

**Freshman year:** Get all "A's."

**This year's resolution:** Getting good grades isn't my emphasis anymore. Thinking I had to have good grades sent me into this mindset that school was (unfun) work. If you are in the field you are truly passionate about, this is not the case. What I resolve to do is give myself more time to study and learn more about the class material. I love my major so much but it is hard to find time to do the research that I love, outside of what is needed for the classroom. Since this is such a life enhancing experience, I need to make more time to enjoy it.

**Freshman year:** Decide whom you want to be friends with and work to build up that social network.

**This year's resolution:** Remember that your friends aren't chosen; they are made by living and work to be kind and polite to everyone, since friends arise from the oddest places. Keep contact with the wonderful, versatile people you have encountered and offer support and a shoulder to lean on when possible; often those people who count on you will come through for you later.

**Freshman year:** Keep my appearance up, that includes the hair and makeup.

**This year's resolution:** Keep right and peace in my soul and beauty will follow

**Freshman year:** Employ self-analysis to find faults and work on them.

**This year's resolution:** Try hard to stop changing things about myself or trying to fit other peoples ideas of great. Remember that what may not be splendid in another's eyes, is the unique shine of my own star. I give myself permission not to know how to cook and to be ditzzy.

**Freshman year:** Quite slacking off and get a car, job, etc.

**This year's resolution:** Quite running too hard and stop trying to do it all. Hit the snooze a couple of times a week. It won't cause the world to blow up.

**Overview Of Freshman Goals: Be Perfect**

**Overview Of This Year's Goals: Be Perfectly Happy! Be my own best friend.**

"Replace anxiety in favor of gratefulness."