WRITTEN by Gail Thomas for Resolutionguru.com, a website which encourages its members to keep their resolutions year round.

Join the Green Scene
These days Green is much more than money and Martians; it's a commitment to Mother Earth and the future of humanity. Pretty important, eh? Just a few good habits can save trees and keep the planet safe for generations to come. We'll help you explore some mighty green options that go beyond recycling and turning off the lights. Empower the planet and we all sleep better at night.

Weight No More
This tried and true resolution never goes out of style, except now is the time to put those pounds behind you once and for all. Let the Resolution Guru be your partner in dining and exercise as we guide you through this challenge, with new and effective approaches to make finding the skinny you both simple and fun.

Love your Lungs, aka stop smoking
Want to put that puff crutch down once and for all? We know this one is tough. But in a world of no smoking signs, you've got to do it for yourself to really make it stick. Don't fret; the Resolution Guru has got your back as we give you all the latest ways to pull out of that smoky haze and into a breath of fresh air. Sign up now.

Where the Love is
This is a biggie. A frequent regret of the elderly is that they didn't spend more time with family and friends. Work can't give you a hug or help you shop for new curtains, but your best friend can. Who needs anti-depressants when a good listener is by your side? Learn how you can find time to see the family and be a better friend. Then, watch how deepening these relationships will put a big smile on your face.

Healthy Glow and Go
When you've got your health, you've got.. well, you know what they say. It often takes an injury or illness to make us truly appreciate good health. And

top that off with a good fitness program and you've got a key to happiness and long life! If you don't use it, you can lose it. So let's fire up the juicer, get on your bike: the Resolution Guru is full of ideas to fill your days and nights with more energy and fun!

Financial Fantasies

Does the dark cloud of money worries follow you around? You'll need more than an umbrella in today's financial climate. The Resolution Guru can help shelter you from the storm whether you are flat broke or want to manage the millions that you already have. There is a pot of gold at the end of the rainbow, just let the Resolution Guru help you find your own yellow brick road.

Be Here Now

Let go! Live in the Moment. The past is over. Be here and now and the future takes care of itself. Stop the ifs and if only and enjoy your life exactly as it is right now. Happiness truly comes from within when you stop and notice the beauty that is all around us. We'll show you how. It's easy once you get going and you will never look back....!

Spirituality is for Real

There's got to be to life than reality shows and frozen dinners, right? Yes! No matter what your background or beliefs, the Resolution Guru can show you how to tap into your spiritual side as you find comfort through a practice that is right for you. Meditate, listen to your soul and watch your life open to possibilities beyond your greatest dreams. Remember Barbara and Cinderella? Anything is possible if you just believe.

Giving Back

Maybe it's time to get over yourself (and your ex-boyfriend) and help those who are truly less fortunate. And guess what? You might even learn a new skill and make new friends while you are at it. Volunteer opportunities range from one hour to a lifetime, from children to the elderly, disabled to immigrants... The list goes on and on and on.. and the benefits to you are much greater than you can imagine. Start today!

Find the Best You

How many of you feel like you aren't living up to your potential? The Resolution Guru has some ideas: activities that can help bring you closer to personal fulfillment. The Resolution Guru can help you commit to being the best you can be, whatever that means to you. Learn a new language, read the newspaper daily or just put down the remote. Pull out your to-do list and let's see how great you can be...

Miscellaneous, etc and whatever

And just in case we've forgotten something… Do you have a unique resolution that isn't mentioned above? The Resolution Guru wants to help. Want find the right relationship? Job? Lawn mower? Write an opera or travel around the world in a hot air ballon, the Resolution Guru wants to help you make the next step. What's your fancy? Let us know and let's see where it goes.