



# Ashley's Angel Gram

January 2010

## Top 10 New Year's Resolutions

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes.

The top ten resolutions are:

- 1) Spend More Time with Family & Friends
- 2) Fit in Fitness
- 3) Tame the Bulge
- 4) Quit Smoking
- 5) Enjoy Life More
- 6) Quit Drinking
- 7) Get Out of Debt
- 8) Learn Something New
- 9) Help Others
- 10) Get Organized



Is your resolution here? If so here are some tips for actually achieving your goal.

- 1) **Have appropriate expectations.** Don't set a resolution that is unobtainable.
- 2) **Set a learning goal.** Maybe you first need to learn more about whatever your resolution is like how to become debt free, before you can actually accomplish it? Take your time and do some research first then set your goal.
- 3) **Focus on what you are going to do.** Choose one resolution at a time and concentrate on it. Do not try to diet and stop smoking at the same you will just set yourself up for failure.

Make this the year you get it right. Set appropriate expectations, learn what you need to be successful, focus on what you want to do, and have a great New Year!

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## Snowman Cookies



- 1 (8 ounce) package Cream Cheese, softened
- 1 cup powdered sugar
- 3/4 cup butter or margarine
- 1/2 teaspoon vanilla
- 2-1/4 cups flour
- 1/2 teaspoon baking soda
- 1 (13 ounce) package miniature peanut butter cups (optional)

Mix cream cheese, sugar, butter and vanilla with electric mixer on medium speed until well blended. Add flour and baking soda.

Mix well. Shape dough into 1/2-inch and 1-inch diameter balls. Using 1 small and 1 large ball for each snowman, place balls, slightly overlapping, on ungreased cookie sheet. Flatten to 1/4-inch thickness with bottom of glass dipped in additional flour. Repeat with remaining dough.

Bake at 325 degrees F for 19 to 21 minutes or until light golden brown. Cool on wire rack. Sprinkle each snowman with sifted powdered sugar. Decorate with icing as desired. Cut peanut butter cups in half for hats. Makes 3 dozen cookies

## Suggested Reading

