

Humor Me

By Ronald P. Culberson

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“Counter Resolution”

Every year about this time, I commit to a new year full of health and happiness. So just like many of you, I diligently create resolutions that will deliver me to that end. Interestingly, I seem to be setting and failing to achieve the same goals every year.

As a service to you and me, I suggest we eliminate the guilt and shame associated with our failed attempts to improve by creating Counter Resolutions that may actually hold up throughout the entire year.

Here are 10 Counter Resolutions for you to consider in 2005:

Do NOT exercise. Exercise may extend your life. However, the older you get, the more likely you will injure yourself while exercising. I tore a hamstring *and* broke a rib while exercising this year. If I hadn't been exercising, I would have been healthier. See what I mean?

Do NOT eat healthy food. It's much easier to pick up a burger and fries than to come up with an interesting way to cook tofu and vegetables. You could spend all your time and energy trying to eat better and then still get run over by a yogurt truck. Besides, if heaven is as good as it's supposed to be, you don't want to delay your arrival by eating less carbs.

Do NOT quit drinking. I quit drinking several years ago and whereas my mood is better and I lost ten pounds, I no longer wear articles of clothing on my head nor fall down at parties. I ask you, what fun is that?

Do NOT read more. Reading expands your mind and the more you expand your mind, the more you have to think. Life is a lot easier when you don't think about it. You don't see Paris Hilton rushing out each morning to read the *Wall Street Journal* and she seems to be doing just fine.

Do NOT avoid TV. Television allows you to occupy your mind without any effort whatsoever. You just need to make sure you vary your TV diet. Get an equal portion of *Desperate Housewives*, *Fear Factor* and *Entertainment Tonight*. Don't waste your time on PBS, C-SPAN or *Jeopardy* because you'll have to think way too much to understand those shows – and isn't that what TV is helping us avoid anyway?

Do NOT become more organized. The more organized you become, the more free time you will have. Since you're not reading or exercising, the free time will just be wasted. Never file things away and, whenever possible, leave mail and other documents where you can't find them. While looking for these things, you'll burn up a lot of time that could have been spent *not* doing something else.

Do NOT look for a better job. If you've been stuck in the same old dead-end job for years, chances are, the job fits you. If you leave the security of your current job for something new and exciting, you'll really be upset that you stayed in your current job so long. If you stay, though, you'll be none the wiser.

Do NOT become more technologically savvy. Unless you live in a basement and talk to the little animated Microsoft Office Assistant, you'll never have total command of technology. In fact, the more knowledge you gain, the more likely you'll frustrate the rest of us by sending us cute pictures with viruses in them. Here's how technology works: The more you know, the more you realize how little you know. It's called the Inverse Geek Ratio.

Do NOT try to reduce your stress. If more physical activity makes you physically fit doesn't it follow that more stress makes you *stressically* fit? Sure you've got lots-o-stress in your life but so does everybody else. Trying to reduce the stress will make you less effective at handling it. I suggest you pile on the stress every day. You'll be stronger in the long run.

Do NOT become more involved. It's much more fun to sit back and complain about the politicians, the government and the unfairness in our world than it is to do something about it. More importantly, if you get involved, you will most likely have to think and read – and that's when the trouble starts.

As we go into the New Year, I hope that you will adopt these Counter Resolutions. It is my sincere wish that you won't accomplish any of them and that by the end of 2005, you will have succeeded in your failure.

Until next time, just humor me.

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Ron Culberson, MSW, CSP, CPAE is a speaker, humorist, and author of four books including Do it Well. Make it Fun. The Key to Success in Life, Death, and Almost Everything in Between. His mission is to change the workplace culture so that organizations are more productive and staff are more content. He shows

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