"I ET THIS COMING YEAR BE BETTER THAN ALL THE OTHERS. VOW TO DO SOME OF THE THINGS YOU HAVE ALWAYS WANTED TO DO BUT COULD NOT FIND THE TIME. CALL UP A FORGOTTEN FRIEND. DROP AN OLD GRUDGE, AND REPLACE IT WITH SOME PLEASANT MEMORIES. VOW NOT TO MAKE A PROMISE YOU DO NOT THINK YOU CAN KEEP. WALK TALL, AND SMILE MORE. YOU WILL LOOK 10 YEARS YOUNGER. DO NOT BE AFRAID TO SAY, I LOVE YOU. SAY IT AGAIN. THEY ARE THE SWEETEST WORDS IN THE WORLD."

⊶\NN LANDERS