

A New Year Resolution

A New Year Resolution? I should, so let me see,
So many things to choose from – whatever should it be?
Perhaps I'll try and walk some more, but usually it's raining
It would be good to exercise, if that were not so draining.

Maybe I'll give up sweet things. Yes, less sugar would be good,
But don't expect me to forego a slice of Christmas pud.
What about no chocolate? I fear that's a non-starter.
I need to do this willingly – not make myself a martyr.

I'll sharpen up my memory – I must be less forgetful.
Can I recall what I've forgot? Such thinking makes me fretful.
So focus on the practical. It's time I lost some weight,
Though really, at my advanced age, I've left it much too late.

What if I reinvent myself? Become a techniphobe!
That technispeak goes in one ear and out the other lobe.
So many options in the frame. Whatever shall I do?
Perhaps I'll just forget myself - and concentrate on you.