



# KEEPING RESOLUTIONS WITH GOALS THAT WORK

**Friday, January 2, 2026 | 2:00pm - 3:30pm**

The term “resolution” has many definitions, but most refer to “deciding to make a change with determination.” If we’re determined to change, why are only a small number of New Year’s resolutions successful? Madeline Gurney of the NMSU Sandoval County Cooperative Extension will provide techniques, strategies, and steps that resolution keepers can follow to ensure their resolutions are kept.

**For adults 18+.**



**Esther Bone Memorial Library**  
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