

## Funny New Year's Resolutions & Jokes

New Year's resolutions often become a joke by March, so why not have some laughs in January? Plan an activity and share the following funny resolutions. Ask participants to add their own.

### The January Diet Resolution

'Twas the month after Christmas and all through the house,  
Nothing would fit me, not even a blouse.  
The cookies I'd nibbled, the eggnog I'd taste  
At the holiday parties had gone to my waist.

When I got on the scales, there arose such a number!  
When I walked to the store (less a walk than a lumber),  
I'd remember the marvelous meals I'd prepared:  
The gravies and sauces and beef nicely rared.  
The wine and the rum balls, the bread and the cheese,  
And the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt,  
And prepared once again to battle with dirt,  
I said to myself, as only I can,  
"You can't spend a winter disguised as a man!"

So, away with the last of the sour cream dip.  
Get rid of the fruitcake, every cracker and chip.  
Every last bit of food that I like must be banished,  
'Til all the additional ounces have vanished.

I won't have a cookie—not even a lick.  
I'll only just chew on a long celery stick.  
I won't have hot biscuits, or cornbread, or pie,  
I'll munch on a carrot and quietly cry.

I'm hungry, I'm grouchy, can't fit through the door,  
But isn't that what January is for?  
Unable to giggle, no longer a riot.  
Happy New Year to all and to all a good diet!

~ Author Unknown



## **New Year's Resolution Prayers**

God, grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones that I do, and the eyesight to tell the difference.

Dear Lord,

So far this year I've done well. I haven't gossiped, I haven't lost my temper, I haven't been greedy, grumpy, nasty, selfish, or overindulgent. I'm very thankful for that. But in a few minutes, Lord, I'm going to get out of bed, and from then on, I'm probably going to need a lot more help. Amen

## **New Year's Resolution over the Years**

**2019:** I will get my weight down below 180 pounds.

**2020:** I will follow my new diet religiously until I get below 200 pounds.

**2021:** I will develop a realistic attitude about my weight.

**2022:** I will work out three days a week.

**2023:** I will try to drive past a gym at least once a week.

## **A Bad Dream?**

Jemima was taking an afternoon nap on New Year's Eve before the festivities. After she woke up, she confided to Max, her husband, "I just dreamed that you gave me a diamond ring for a New Year's present. What do you think it all means?"

"Aha, you'll know tonight," answered Max, smiling broadly.

At midnight, as the new year was chiming, Max approached Jemima and handed her a small package. Delighted and excited, she opened it quickly. There in her hand rested a book titled *The Meaning of Dreams*.

## **Football or Food**

As in many homes on New Year's Day, Janet and Jim, a happily married couple, faced the annual conflict of which was more important—the football game on television or the special meal.

Hoping to keep the peace, Jim ate lunch with the rest of the family, and even lingered for some pleasant after-lunch chat before retiring to the lounge to turn on the television.

Some minutes later, Janet looked in to see how he was. She even graciously brought him a cold beer. She smiled, kissed him on the cheek, and asked what the score was. Jim told her it was halftime and that the score was still 0–0.

"See?" Janet said happily. "You didn't miss a thing."

## **New Year's Morning Lecture**

Early New Year's morning, Daniel was in no shape to drive, so he sensibly left his van in the parking lot and walked home. As he was wobbling along, he was stopped by a policeman. "What are you doing out here at four o'clock in the morning?" asked the police officer.

"I'm on my way to a lecture," answered Roger.

"And who on earth, in their right mind, is going to give a lecture at this time of the night?" inquired the constable sarcastically.

"My wife," slurred Daniel grimly.

## **New Year's Resolution One-Liners**

A New Year's resolution is something that goes in one year and out the other. ~ Unknown

I will never squat again with my spurs on. ~ Cowboy

Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to. ~ Bill Vaughan

An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves. ~ Bill Vaughan

## **What's your New Year's resolution?**

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