

New year, new growth: Ways to kick off 2018

BY ALEXIS COLLINS ON JANUARY 4, 2018

The new year is about new beginnings and embarking on a fresh chapter. While many people start 2018 with resolutions, The Underground came up with a list of 10 ways to start off the new year.

Stay positive. Remaining positive during stressful situations helps one clear the mind and focus.

Eat healthier. Being healthy isn't just about exercising; it's about eating the right foods such as fruits, vegetables, red meats and pasta. Although eating fast food on campus can be convenient, try cooking or having a fruit smoothie every morning for breakfast.

Don't surround yourself with negative people or negative energy. You can never thrive if you have certain people or circumstances holding you down. If the group you're hanging with has zero ambitions or goals for themselves, then it's time to let them go.

Realize that success doesn't happen overnight. Everyone has goals that they want to reach immediately. However, sometimes that isn't always possible. It's important to enjoy the journey and the struggle as well as the outcome. You're not a machine and sometimes you won't finish every task you undertake that same day.

Accept that failure is a part of life. Failure is inevitable, but it's not a bad thing. Failure means that you're trying to reach your goals. If everything came easy, it wouldn't be a challenge. Never let failure define you, but learn from it instead.

Don't always focus on what others are doing. Everyone has their own path and journey. Your stressing over someone else's life or success isn't going to help you improve your own.

Don't waste your time and energy focusing on the past. While the past is great to learn from, you should never let it overcome you and affect your present and future. It's a new year and some things are better left in 2017.

Create exciting and memorable experiences. Remember to have fun in college! Join clubs and organizations on campus, study abroad, get internships, etc. Take advantage of the opportunities given to you while you're still in school.

Read more books. Spend less time on social media and more time on reading books and talking with friends. It's great for building knowledge and insightful conversation.

Smile, love yourself, and laugh. Live life and enjoy yourself.