

New Year Resolutions For The Cocos

The Cocos, a group of islands located in the eastern Indian Ocean, are known for their breathtaking natural beauty and pristine beaches. As the New Year approaches, it is a perfect time for the Cocos residents to set some resolutions to enhance their lives and make a positive impact on their community. In this article, we will explore various New Year resolutions that the Cocos dwellers can consider to make the upcoming year more rewarding and fulfilling.

Achieving Health & Wellness:

1. **Stay Active:** Engaging in regular physical activities improves overall fitness and reduces the risk of health issues. The Cocos residents can pledge to take part in local sports activities, go for walks on the beach, or join a fitness club.
2. **Embrace Healthy Eating:** The Cocos offer an abundance of fresh produce – individuals can resolve to incorporate more locally grown fruits and vegetables into their daily meals to promote a balanced diet.



New Year's Resolutions for the Cocos: A Rhyming Picture Book to Celebrate New Year's Day

by Dee Smith (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 8780 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 27 pages

Lending : Enabled



3. **Prioritize Mental Health:** In a world full of distractions, it is important to nurture mental well-being. The people of the Cocos can make it their resolution to practice mindfulness techniques, meditation, or explore hobbies that bring them joy and peace.

Contributing to Environmental Preservation:

4. **Reduce Plastic Waste:** The pristine beauty of the Cocos is at risk due to environmental pollution, particularly plastic waste. Individuals can pledge to reduce their plastic consumption, opt for reusable alternatives, and participate in beach clean-up initiatives.

5. **Support Sustainable Tourism:** The Cocos heavily depend on tourism, thus making sustainable choices is crucial for preserving its natural wonders. Encouraging eco-friendly practices and responsible tourism can be an essential resolution for the residents.

Fostering Community Spirit:

6. **Volunteer and Give Back:** As a close-knit community, the Cocos residents can resolve to dedicate some of their time to volunteering for local charities or organizations. This will not only enrich their lives but also help in building a stronger community spirit.

7. **Promote Cultural Exchange:** The Cocos are home to a diverse population, rich in unique traditions and cultures. Residents can make it their resolution to partake in cultural events, share their heritage, and engage in intercultural exchanges to strengthen the community's multicultural fabric.

Personal Growth:

8. Learn Something New: Lifelong learning is important for personal growth. The Cocos dwellers can resolve to broaden their horizons by attending workshops, enrolling in online courses, or exploring new skills and hobbies.

9. Practice Gratitude: Adopting an attitude of gratitude can lead to a happier and more fulfilled life. Each day, Cocos residents can make a resolution to express gratitude for the blessings they have and show appreciation to others in their community.

10. Prioritize Work-Life Balance: In a fast-paced world, it is important to maintain a healthy work-life balance. The people of the Cocos can make it their resolution to dedicate quality time to their families and personal pursuits, ensuring a well-rounded and fulfilling life.

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As the New Year approaches, the Cocos residents have an opportunity to reflect on ways to improve their lives and make a positive impact on their surroundings. By setting resolutions focused on health and wellness, environmental preservation, community spirit, and personal growth, the Cocos dwellers can make the upcoming year more rewarding and fulfilling. Let this New Year be a starting point for positive change in the lives of every inhabitant of the beautiful Cocos islands!



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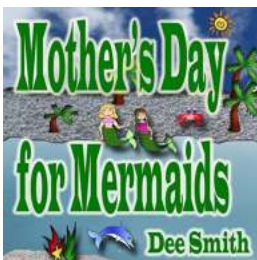


The Coco family is getting ready for New Year's Day by making their own New Year's Resolutions. Mother Coco, father Coco and even little Baby Coco join in on the fun! This is a short and delightful Rhyming story in Celebration of New Year's Day.

This book has been revised with enhanced graphic illustration in November 2017

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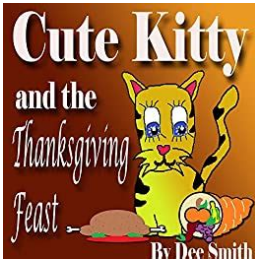
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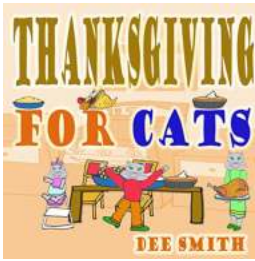
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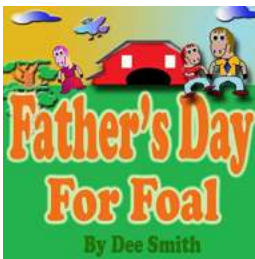
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