

Every year, millions of people make New Year's resolutions, hoping to spark positive change

**Treshan Weerasooriya** - "My New Year resolution is quite simple. I want to be more kind, give more, love more and live better! My main aim is to make my new venture in the hospitality field a massive success! Thereafter, I want to travel to at least three new countries and zero tolerance of unwanted drama, fake people and opportunistic people. Blessings!"

**Hiru Jayampathi** - "My New Year resolution for 2020 is simply to be a better version of myself. As an individual, I want to be more responsible, proactive and



**Dr Shazna Nawaaz**

outgoing. This year I am planning to focus more on travel blogging and content creating, along with my food blogging. I already have two overseas trips planned for this year and in the process of planning the third trip for December. The first trip is to see the magnificent Pyramids of Giza, along with many attractions in Egypt. The second trip is to see the trending Golden Bridge in Vietnam along with beautiful sceneries and highlights of Vietnam. I can't wait to explore these countries and share my experience with all my followers."

**Dr Shazna Nawaaz** - I started my internship in surgery at the District General Hospital Chilaw. I am away from my family, kids who are five years and three months, my husband and I even miss my bed and pillow. The long hours and sleepless nights don't make it any easier. However, this year is going to be about sacrifice, it is going to be about achievement, striving, learning from my mistakes and by the end of 2020; when I register as a doctor, I want to be the best version of me."

**Adrian De Silva** - "I am looking forward for the growth of La Ceylone and all that comes with it - our International franchises to grow even bigger. I personally would like to take the time to travel to some places that I have always wanted to and spend more time personally and with my family and friends. I am excited about all the new ventures that I have planned to startup on and get involved. New Year's resolution is to be kinder to my own self and to find self love."

**Rukaiya Wasim** - "To learn from my mistakes and become a better person, my plans for 2020 as an educator is to provide a lot of tips and tricks in learning the generics for medicines and more health tips. I am planning to travel overseas to learn more

about medicine. To create a new hobby, this is painting and baking which are my favourite things since childhood. To write to myself about my day, which I always do and I will continue this year. To be happier with what I have, compliment myself more and make a jar of my journeys. Reduce stress, be a successful YouTuber and last but not the least to become a very successful person who I always wanted to become. It will be easy? Nope. Worth it? Absolutely! Never think life is easy but don't be discouraged, motivate yourself and become a better person each day."

**Compiled by Shafiya Nawzer**



**Adrian De Silva**



**Rukaiya Wasim**



**Treshan Weerasooriya**



**Dr Sarah Fazy**



**Megara Wijemanne**