Listen to the audio as many times as you need to, and then fill in the blanks.

The start of _____ New Year is when we all _____ plans to change our _____ for the _____ over the forthcoming _____ months. Psychiatry _____ Jayashri Kulkarni says: "January 1 is a '_____' date and a vow made on this day is _____ more _____ than one made on August 26, for _____." So, we all make a _____ of things to _____, start or _____. Unfortunately, most of these _____ are, more often than not, _____ by January 31st. They are usually the _____ resolutions that were not fulfilled from the _____ year, and the years prior to that. The _____ usa.gov says people "_____ to make the same resolutions year _____ year, even though they have a hard time _____ to them".

Research _____ 45 percent of us make a New Year's _____. The most _____ vows include _____ weight, _____ to help others, quitting _____, _____ money, and getting _____. Others include eating _____ food, drinking _____ alcohol, and going on a trip. However, research also shows that most of us are not so _____ at sticking to these. A study from the University of Scranton reveals that 71 percent of us stick to our _____ promises for the first two weeks; six _____ later, less than 50 percent are still on track to_____ their resolutions. Most people who _____ up on their resolutions do so because of a lack of _____ and the use of the 'escape clause' that they will '_____ again next year'.

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