

# New year resolutions



White blank = 1 word

coloured blank = more than 1 word

The start of every New Year is when we all \_\_\_\_\_ to change our life \_\_\_\_\_ over the forthcoming twelve months. Psychiatry professor Jayashri Kulkarni says: "January 1<sup>st</sup> is a \_\_\_\_\_ and a vow made on this day is \_\_\_\_\_ than one made on August 26<sup>th</sup>, for example." So, we all make \_\_\_\_\_ to \_\_\_\_\_, \_\_\_\_\_ or \_\_\_\_\_. Unfortunately, \_\_\_\_\_ these \_\_\_\_\_ are, more often than not, broken by January 31<sup>st</sup>. They are usually the \_\_\_\_\_ resolutions that \_\_\_\_\_ from the previous year, and the years prior to that. The website usa.gov says people, "tend to make the same resolutions year after year, \_\_\_\_\_ they have \_\_\_\_\_ to \_\_\_\_\_."

Research \_\_\_\_\_ 45 per cent of us make a New Year's resolution. \_\_\_\_\_ vows include \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_. Others include \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_. However, research also \_\_\_\_\_ that \_\_\_\_\_ are not so good at \_\_\_\_\_ to these. A study from the University of Scranton reveals that 71 per cent of us \_\_\_\_\_ to our annual \_\_\_\_\_ for the first two weeks ; six months later, \_\_\_\_\_ 50 percent \_\_\_\_\_ to keep their resolutions. \_\_\_\_\_ who \_\_\_\_\_ on their resolutions do so because of a \_\_\_\_\_ of \_\_\_\_\_ and the use of the \_\_\_\_\_ clause' that they will \_\_\_\_\_ next year'.