

Read the text and choose the correct word for each space.

## NEW YEAR'S RESOLUTIONS



We all do it, every year 1) \_\_\_\_\_ 31<sup>st</sup> December we promise 2) \_\_\_\_\_ that next year we will get fit, lose weight or give 3) \_\_\_\_\_ something unhealthy. At 4) \_\_\_\_\_ time of year, a 5) \_\_\_\_\_ of your friends will be making New Year resolutions. You may be making one yourself. Perhaps you 6) \_\_\_\_\_ decided to join a gym and get fitter, or go 7) \_\_\_\_\_ a diet to lose weight — decisions related 8) \_\_\_\_\_ health like this are the 9) \_\_\_\_\_ popular resolutions. Other common self-improvement ones 10) \_\_\_\_\_ being more organized, saving money and spending 11) \_\_\_\_\_ time looking at computer screens. Actually, 12) \_\_\_\_\_ any time of year, people often have the feeling that their lives could 13) \_\_\_\_\_ improved if they ate 14) \_\_\_\_\_ healthily, took up a hobby, read more books and 15) \_\_\_\_\_ on. Whatever the goal, though, one study has shown that only 8% of people are successful in sticking 16) \_\_\_\_\_ their decision. Luckily, 17) \_\_\_\_\_ are some tips that will greatly improve your chances. Firstly, when choosing your goal, 18) \_\_\_\_\_ is important to be specific. So, just saying you aim to save money is 19) \_\_\_\_\_ enough. How 20) \_\_\_\_\_ are you going to save? By when? How will you do it? When answering questions 21) \_\_\_\_\_ this, you should not make things 22) \_\_\_\_\_ easy, or you will not feel that you have really changed anything. On the 23) \_\_\_\_\_ hand, your aims need to be achievable – setting yourself 24) \_\_\_\_\_ impossible goal is a definite recipe 25) \_\_\_\_\_ failure. Once you have decided 26) \_\_\_\_\_ you want to do, tell people 27) \_\_\_\_\_ it. Research shows that the more people you tell about your decision, the more likely you are 28) \_\_\_\_\_ keep the resolution. Taking this sharing idea a step further, there 29) \_\_\_\_\_ also evidence that doing things in a group greatly increases everyone's chances 30) \_\_\_\_\_ success. One reason is that an element of competition comes into play, and also individuals feel that if 31) \_\_\_\_\_ fail, they will be disappointing others. Doing things in a group is 32) \_\_\_\_\_ more fun, and this is 33) \_\_\_\_\_ important aspect. Once you have got started, focus 34) \_\_\_\_\_ the pleasurable part of what you are doing, rather 35) \_\_\_\_\_ constantly worrying about the goal. 36) \_\_\_\_\_ other words, try to think of the activity as enjoyable for its own sake, not just 37) \_\_\_\_\_ a means to an end. Finally - and this might seem to contradict the last point - think about what might go wrong. Of 38) \_\_\_\_\_ all the self-improvement books emphasize the power of positive thinking, but if you have anticipated potential problems and worked out 39) \_\_\_\_\_ you might overcome 40) \_\_\_\_\_, you are much less likely to give up at the first sign of trouble.