

Use the word given in capitals to form a word that fits the gap.

NEW YEAR'S RESOLUTIONS



Every year on 1st January, millions of people decide that they will **1)** _____ [FINAL] become the wonderful, **2)** _____ [PRODUCE], healthy, happy person they have always wanted to be. The **3)** _____ [COMMIT] that an individual makes, at the beginning of the year, to achieving a **4)** _____ [BENEFIT] lifestyle change is called a New Year's Resolution.

In the Western world, popular resolutions include improving one's **5)** _____ [APPEAR] or physical **6)** _____ [FIT], or reducing one's **7)** _____ [TAKE] of alcohol or cigarettes. Losing weight, by eating more **8)** _____ [SENSIBLE] and exercising more, is **9)** _____ [POSSIBLE] the most common resolution.

A student may wish to focus more in class. Other people may make the **10)** _____ [DECIDE] to donate money to the poor. Some may want to be more **11)** _____ [ECONOMY] with their **12)** _____ [SPEND], and there are those who choose to become more **13)** _____ [ENVIRONMENT] responsible.

The trouble is that the **14)** _____ [EAGER] to make changes, especially concerning exercise and diet, tends to fade as soon as we come to the **15)** _____ [REALISE] that we cannot change everything **16)** _____ [NIGHT]. Many New Year's resolutions are broken long before the end of January.