



New Year Resolutions Worksheet



Future Tense	How	Verb - ing	What	When
I will	start	drinking smoking*	water cigarettes	in the morning every day
OR	OR	eating exercising	sweets at the gym	on the weekend every morning
I am going to	stop	saving studying walking	money English in the park	every night twice a week every week

*note if the verb ends in "e", drop the "e" when adding "ing"

Part A: Put the sentences in the correct order to make a good resolution.

1. stop during the week I am going to eating sweets

_____.

2. saving start money every month I will

_____.

3. at the gym I will exercising twice a week start

_____.

4. every night stop to bed late I am going to going

_____.

Part B: Draw a line to match the resolution to the reason why you are making the change.

I will stop
smoking

because I want to
improve my
language skills

I am going to
start exercising

because I want
to buy a new car

I will start
saving money

because it is not
good for my lungs

I am going to
start going to bed
at 10:00 pm

because it will make
me strong and
healthy

I am going to stop
eating sweets

because I do not
want to be tired
during the day

I will start practicing
English every day

because too much
sugar is bad for my
teeth

