

New Year's Resolutions

Which of these things does the video suggest you will need for step 1?

- A. a friend
- B. a diary
- C. a resolution

What is the first thing you need to think about when making your resolution?

- A. You need to enlist a friend to help you keep your resolution.
- B. You need to prepare to make a brand new start.
- C. You need to remember that New Year's day is just an ordinary day.

How should you go about choosing a resolution?

- A. You should choose something that will make a big difference to your life
- B. You should aim high and pick something that will challenge you
- C. You should pick a simple goal that's not too difficult to achieve.

What should you do once you have decided on your resolution?

- A. Tell a friend, and ask them to make sure you keep to it
- B. Tell lots of people, so you won't be tempted to break it
- C. Make a note of it

What does the video suggest you do next?

- A. Enlist a friend to support you.
- B. The video doesn't suggest anything.
- C. Post your resolutions on Facebook.

How should you go about reviewing your progress?

- A. The video doesn't say.
- B. Ask a friend's opinion on how you are doing.
- C. You should break your resolution down into steps, so you can see how you are doing.

True or false? The video suggests adding some extra resolutions if you are doing well.

- A. The video doesn't say.
- B. True
- C. False