My New Year's resolutions by Darren

I like to start every year with my New Year's resolutions. Then I read them next 1 January and see how well I did!

Here are my resolutions this year.

1. Get fit!!

I say this every year but I hope writing it in public will make it more real. I'm aiming for three runs a week – I think I can do it! I think a fitness tracking app might help me achieve it. Or I could find a running partner. If anyone who's reading this wants to be my partner, let me know!

2. Save 10 per cent of my salary a month

Having no savings is starting to worry me and 10 per cent is realistic. It's not too much, but it's not too little that I won't see it add up. I'll put the money into a special bank account that will make it grow … Actually, I don't know much about that so maybe my next resolution should be to find out how to invest money!!

3. Cook more

I'd like to start inviting friends for dinner and cooking for them. I think once a month is a good plan. By the end of the year I want to have five dishes I can cook really well so people will say, 'Have you ever had Darren's delicious cooking?' Who wants to be my first guest?

Task 1 Write the phrases in the correct box.

Read more	Save money regularly	Save enough money to buy something	Find a new job	Study hard
Find someone to run with	Run three times a week	Eat healthier food	Cook for his friends	Learn how to cook five dishes

Things the writer wants to do	**Things the writer doesn't mention**

Task 2 Complete the sentences.

1. I'm going to cook for my friends …… (one time) a month.
2. I want to be able to run 10 kilometres …… the end of the year.
3. I'm planning to go running three times …… week.
4. I'm going to watch a film in English …… (two times) a week.
5. I'm aiming to revise my English notes for ten minutes …… .
6. I want to cook food at home more …… .

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Task 3 Are the sentences true or false? Answer

1. The text has a formal style.
2. The text is organised as three main sections.
3. The writer's plan may have had more than these three ideas in it.
4. The writer didn't use any headings.
5. The writer talks directly to the reader.
6. There are lots of mistakes, so the writer didn't check his work.

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