

NEW YEAR'S RESOLUTIONS Fill in the gaps with a maximum of 5 words (sometimes less) according to the text.

0) According to the speaker, the beginning of a year is a **time for renewal**

1) It is pretty incredible that _____ commit to changing something.

2) Surprisingly, New Year's behaviour changes _____ work

3) Research divided people into three categories: those with no particular interest, those who were _____ and those who wanted to make a New Year's resolution.

4) The second group did not show very good results _____

5) The speaker thinks the success rate may be _____ because there could be some _____ in selection.

6) Reflective learners can analyse their own strengths and weaknesses, can prioritise, and _____

7) The speaker believes _____ goals are better, and prefers _____ to motivation, _____ to self-control.

8) According to the speaker, good changers use _____ moments to prepare for bad moments.

9) As for little changes, among others, we can sit in traffic nonchalantly instead of _____

10) What is special about New Year is learning from the past but _____