New Year's Resolutions



Useful vocabulary

a brand new start

long-term

focus

achieve

quit

give up

TAKE UP

goals

improve

changes

habits

overdo

challenge

cut down on

resolution

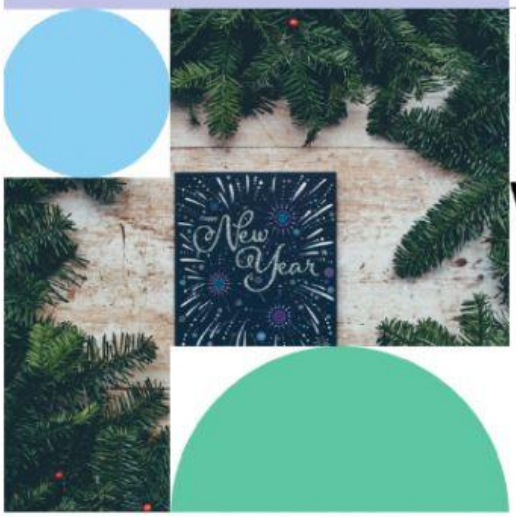
lifestyle

stick to

make New Year's resolutions

progress

LIVEWORKSHEETS

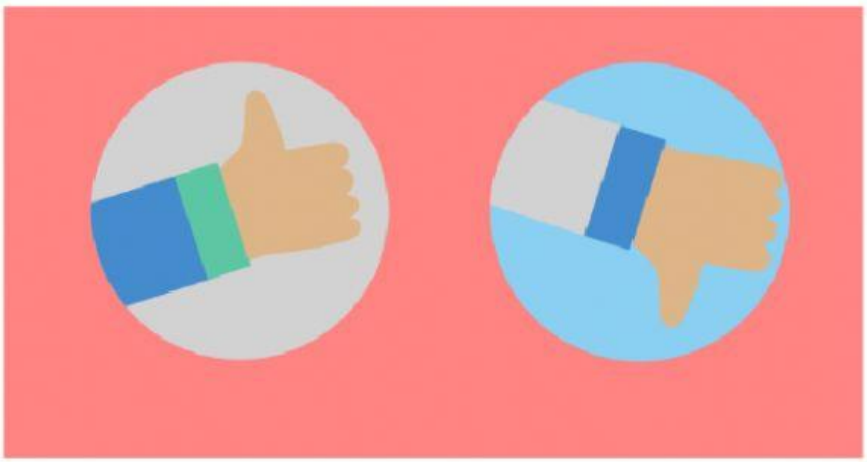


Discussion warm-up





- Was a 2022 good year for you? Why/why not? What were some of your highlights and low points?
- What are your plans for 2023?
- Will you make any new resolutions for 2023? Why/why not?
- Do you have a good feeling about 2023? Are you optimistic or pessimistic?



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Which year has been the best for you so far? What made it so good?



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