

New year resolutions



White blank = 1 word coloured blank = more than 1 word

The start of every New Year is when we all to change our life
over the forthcoming twelve months. Psychiatry professor Jayashri Kulkarni says: "January 1st is a and a vow made on this day is than one made on August 26th, for example." So, we all make to, or . Unfortunately, these are, more often than not, broken by January 31st. They are usually the resolutions that from the previous year, and the years prior to that. The website usa.gov says people, "tend to make the same resolutions year after year, they have to." Research 45 per cent of us make a New Year's resolution. vows include , , and . Others include , and . However, research also that are not so good at to these. A study from the University of Scranton reveals that 71 per cent of us to our annual for the first two weeks ; six months later, 50 percent to keep their resolutions. who on their resolutions do so because of a of and the use of the clause' that they will next year'.