

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'.