

Read the text and choose the correct word for each space.

NEW YEAR'S RESOLUTIONS



We all do it, every year 1) _____ 31st December we promise 2) _____ that next year we will get fit, lose weight or give 3) _____ something unhealthy. At 4) _____ time of year, a 5) _____ of your friends will be making New Year resolutions. You may be making one yourself. Perhaps you 6) _____ decided to join a gym and get fitter, or go 7) _____ a diet to lose weight — decisions related 8) _____ health like this are the 9) _____ popular resolutions. Other common self-improvement ones 10) _____ being more organized, saving money and spending 11) _____ time looking at computer screens. Actually, 12) _____ any time of year, people often have the feeling that their lives could 13) _____ improved if they ate 14) _____ healthily, took up a hobby, read more books and 15) _____ on. Whatever the goal, though, one study has shown that only 8% of people are successful in sticking 16) _____ their decision. Luckily, 17) _____ are some tips that will greatly improve your chances. Firstly, when choosing your goal, 18) _____ is important to be specific. So, just saying you aim to save money is 19) _____ enough. How 20) _____ are you going to save? By when? How will you do it? When answering questions 21) _____ this, you should not make things 22) _____ easy, or you will not feel that you have really changed anything. On the 23) _____ hand, your aims need to be achievable – setting yourself 24) _____ impossible goal is a definite recipe 25) _____ failure. Once you have decided 26) _____ you want to do, tell people 27) _____ it. Research shows that the more people you tell about your decision, the more likely you are 28) _____ keep the resolution. Taking this sharing idea a step further, there 29) _____ also evidence that doing things in a group greatly increases everyone's chances 30) _____ success. One reason is that an element of competition comes into play, and also individuals feel that if 31) _____ fail, they will be disappointing others. Doing things in a group is 32) _____ more fun, and this is 33) _____ important aspect. Once you have got started, focus 34) _____ the pleasurable part of what you are doing, rather 35) _____ constantly worrying about the goal. 36) _____ other words, try to think of the activity as enjoyable for its own sake, not just 37) _____ a means to an end. Finally - and this might seem to contradict the last point - think about what might go wrong. Of 38) _____ all the self-improvement books emphasize the power of positive thinking, but if you have anticipated potential problems and worked out 39) _____ you might overcome 40) _____, you are much less likely to give up at the first sign of trouble.