

Use the word given in capitals to form a word that fits the gap.

THE PROBLEMS WITH NEW YEAR'S RESOLUTIONS



A New Year's resolution is a promise that we make to ourselves to change **1)** _____ [SOME] in our lives for the better. The changes are supposed to start with the beginning of the New Year, which gives many people an excuse to abuse their bad habits to the limit during the last few weeks of December. People often make **2)** _____ [COMMIT] to stop smoking or lose weight with the beginning of January, so just before that, they feel **3)** _____ [EXCUSE] to smoke two packets of cigarettes by day and eat all the food with cheese or gravy on top of it. After all, it is like an award in advance for all the hard work that they will do during the **4)** _____ [COMING] year. The problem with New Year's resolutions is that they are **5)** _____ [RARE] followed by actions. **6)** _____ [MOTIVATE] is something that does not last for more than a week, **7)** _____ [SPECIAL] during the beginning of the year when all of us have so much to do at work or school. Of course, there are these few **8)** _____ [FIGHT], with their Nicorette patches on, nicotine infused chewing gums ordered and their year's gym **9)** _____ [MEMBER] bought and ready to be used. But the stress is too big to be beaten with a chewing gum and the gym is too far and the **10)** _____ [OPEN] hours do not fit our busy lifestyles. So, **11)** _____ [ABSOLUTE] not by our fault, we postpone the resolutions to the next New Year, when life will be less **12)** _____ [STRESS] and days will be longer. What are the mistakes that we make while planning our resolutions? Are our promises too big or our wills too weak? Maybe instead of telling ourselves to lose 30 kilos we should decide to start eating healthier? Maybe instead of quitting smoking we should try cutting down?