



## Turning over a new leaf: idioms and phrases for the New Year



New Year is a time when we often.....(1) stock of our life. We may feel that we should **draw a line under** the past and make a ..... (2) start. This text looks at idioms and other phrases connected with this phenomenon.

If we decide to stop doing something we consider to be bad and to start behaving in a better way, we can say that we are going to **turn over a new leaf**. We might decide to ..... (3) a habit such as smoking, have a.....(4) at a new hobby, or even leave a **dead-end job** or finish a relationship that **isn't going anywhere**.

Of course, many of these things are difficult. You may have decided to give up sweets **once and for all**, but **that's easier said than done** when you receive a birthday box of your favourite chocolates. If you have a bad day or two, it's easy to feel that you **are back to square one**. However, people who advise on such things will tell you that **it's not all or nothing** – if you break your resolution, it's **not the end of the world** and you can soon be back on the.....(5)

In order to **stick to** a resolution, there are some strategies you can use. First, you could **put your money where your mouth is**, for instance by taking out a gym membership to get fit. One common piece of advice is to **take it one day at a time**. After all, as they say, **Rome wasn't built in a day**.

Another is not to bite off more than you can .....(6)– we all know someone whose New Year's resolution to 'renovate their house' means that they and their family are still living in a building site ten years later. It's also important to be realistic – with the best will in the world, a chain-smoking couch potato isn't likely to give up cigarettes and go running five times a week. It may be a good idea **to get the ball rolling** with a more modest aim.

Some people are very successful in their resolutions. Once they've decided to **bite the bullet**, they **get their act together** and put their heart and.....(7) into achieving what they want to achieve. If they manage to **stay the course**, they will see their efforts **bear fruit**.

And finally, I could not leave this topic without one well-known proverb: the road to .....(8) is paved with good intentions, which means that although people often intend to be good, they often fail at it.

