New Year's Resolutions

1. What is a New Year‘s resolution?

a. A promise to improve behavior and habits
b. A personal goal for the coming year
c. A reflection on the past year
d. A celebration of the new year

2. When do people often set New Year's resolutions?

a. At the end of the year
b. In the middle of the year
c. At the beginning of the year
d. Throughout the year

3. Which of the following is an example of a common New Year‘s resolution?

a. Watching more TV shows
b. Eating unhealthy food
c. Exercising more
d. Playing video games all day

4. What are the 5 key elements of a good New Year‘s resolution?

a. Specific, measurable, attainable, relevant, time-bound
b. General, flexible, impossible, irrelevant, timeless
c. Random, immeasurable, impossible, unrelated, indefinite
d. Vague, unattainable, irrelevant, time-consuming, irrelevant

5. What does it mean to make a resolution time-bound?

a. Set a specific timeline for achieving the resolution
b. Take as much time as needed to achieve the resolution
c. Don't set any deadline for achieving the resolution
d. Change the resolution every month

6. Which element of a New Year‘s resolution is about setting achievable and realistic goals?

a. Specific
b. Measurable
c. Attainable
d. Relevant

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7. Which element of a New Year's resolution is about setting goals that are personal to you?

a. Specific
b. Measurable
c. Attainable
d. Relevant

8. What are some examples of New Year's resolutions for students?

a. Eating junk food every day
b. Procrastinating on homework
c. Completing homework for every class
d. Skipping school

9. What is an example of a specific New Year's resolution for a student?

a. Read more books
b. Do better in school
c. Read the first Harry Potter book
d. Travel the world

10. How many goals should you try to write down for the coming year?

a. At least 1 goal
b. At least 3 goals
c. At least 5 goals
d. As many goals as possible

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