

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

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