


1. Complete the Yearly Reflection template before the lesson and be prepared to discuss your responses in class.

Happiest memories	Biggest challenges
Achievements	Valuable lessons
Three things that you are most grateful for	Rate your year overall
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NEW YEAR'S RESOLUTIONS

Exercise more	1	2	3	4	5
Lose weight	1	2	3	4	5
Improve diet	1	2	3	4	5
Financial goals	1	2	3	4	5
Reduce stress	1	2	3	4	5
Enhance emotional well-being	1	2	3	4	5
Make more time for hobbies	1	2	3	4	5
Improve relationships	1	2	3	4	5

Examine the list of the UK's top New Year's resolutions according to *Forbes* and rate each one from 1 to 5, indicating how much you relate to them: 1 being 'not at all' and 5 being 'very much'.



TIPS TO KEEP YOUR NEW YEAR'S RESOLUTIONS

Read each sentence, and then choose the correct meaning of the underlined word or phrase from the three options provided.

1. January 1st serves as a temporal landmark for many people to start their fitness journey.

- A) A historical monument.
- B) A specific point in time for initiating change.
- C) A landmark for measuring time.

2. Choosing to volunteer regularly at the local shelter, despite a busy schedule, demonstrates her commitment to aspirational behaviours.

- A) Behaviours that are influenced by current trends and social pressures.
- B) Actions that reflect ambitions towards personal growth.
- C) Routine activities that don't require much effort or commitment.

3. Setting the lofty resolution to read 50 books in a year, she aimed to broaden her knowledge and perspectives.

- A) Goals that are set at a very high standard and are difficult to achieve.
- B) Resolutions that are easy and straightforward to accomplish.
- C) Goals that involve physical activities at high altitudes.

4. Her New Year's resolution to 'get fit' was seen as an ambiguous goal because it lacked specific details.

- A) A goal that is challenging but well-defined.
- B) A goal that is clear and measurable.
- C) A goal that is vague and lacks clarity.

5. Experiencing a few setbacks, like missing a week at the gym, didn't stop him from pursuing his fitness goals.

- A) Positive feedback that encourages further effort.
- B) Minor obstacles or difficulties in the progress of a goal.
- C) Significant achievements that mark the success of a goal.



Reread the article and match the phrases below with those of similar meaning in the article. Select from the phrases that are underlined in the text.

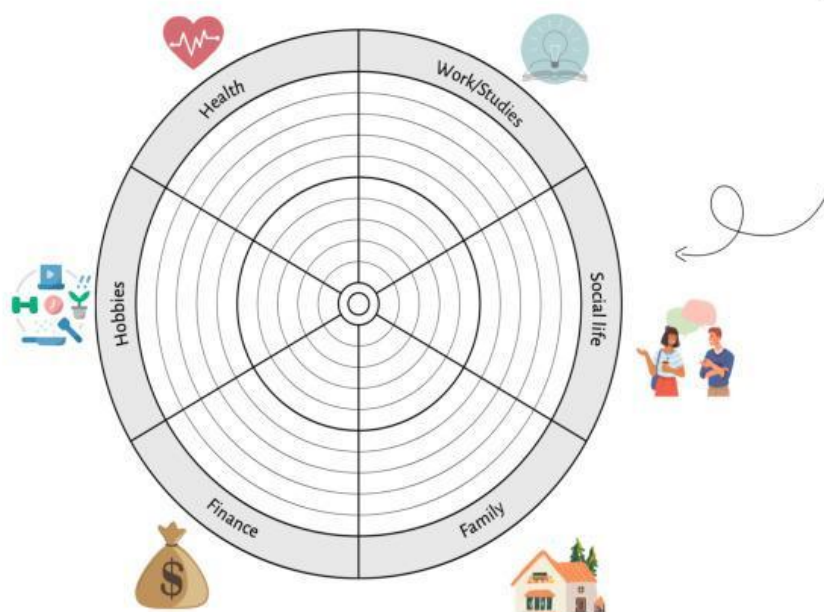
- encountering obstacles _____
- establish ambitious goals _____
- aim for _____
- vague objective _____
- commit to transformation _____
- goal-directed activities _____
- fellowship _____
- slip up _____
- overcommit oneself _____
- overcome improbable odds _____

. Fill in the blanks with appropriate words or phrases from the previous exercise that best complete each sentence.

1. Engaging in volunteer work and continuous learning are examples of _____.
2. After graduating, he _____ achieving a career in environmental science.
3. Taking on too many tasks at once is like trying _____.
4. Many people often _____ to change their habits as part of their New Year's resolution.
5. The _____ among team members greatly contributed to the project's success.
6. Despite the low success rate of resolutions, some individuals manage to _____.
7. "To be happy" is often considered an _____ because it lacks specificity.
8. Even the most careful planners can _____ in their strategic decisions.
9. For her New Year's resolution, she decided to _____ goal of climbing Mount Everest.
10. She learned valuable lessons about resilience and perseverance while _____ numerous professional and personal _____.

WHEEL OF LIFE

Examine each segment of the life balance wheel and assess your level of satisfaction from 1 to 10 in each area. Then, choose 1-3 aspects you'd like to focus on improving this year and briefly describe why, using the phrases below.



- I feel quite content with...
- I need to focus more on...
- I'm particularly satisfied with...
- There's room for improvement in...
- I aspire to enhance my...
- I'm less fulfilled in the area of...
- My goal is to develop better...
- I find myself struggling with...
- I plan to prioritize...
- I'm committed to working on...

Write your personal resolutions for this year. Create at least one resolution for different aspects of your life, such as health, work/studies, social life, family, finance, and hobbies. Use the phrases provided to help structure your resolutions.

- *I plan on dedicating time to...*
- *I aspire to achieve...*
- *I will focus on improving...*
- *I intend to start...*
- *Among my goals, I also wish to...*
- *Additionally, I plan to...*
- *Along with these, another aim is to...*
- *Furthermore, I will strive to...*
- *Another area I'm focusing on is...*

Complete the statements below to make them true about you.

- A good example of my aspirational behaviours is..
- I set a lofty resolution when I decided to...
- One time I bit off more than I could chew by...
- An ambiguous goal I once set was...
- I set my sights on achieving...
- A significant misstep I made was...
- I experienced camaraderie during...