

Read the text and think of the word which best fits each gap.

## NEW YEAR'S RESOLUTIONS: A FRESH START



As January begins, countless individuals take (1) \_\_\_\_\_ in the long-standing tradition of making New Year's resolutions. Rooted in the desire (2) \_\_\_\_\_ self-improvement, these personal pledges are often seen (3) \_\_\_\_\_ an opportunity to turn (4) \_\_\_\_\_ a new leaf and set meaningful goals for the year ahead. Whether it is about improving physical health, advancing in one's career, (5) \_\_\_\_\_ cultivating better relationships, resolutions embody the human inclination to strive for a better future.

However, while the idea of resolutions (6) \_\_\_\_\_ inspiring, their execution often proves challenging. Studies suggest that a significant proportion of people abandon their resolutions within the first few weeks of the year. The reasons for this vary but frequently include setting unrealistic goals or lacking a clear strategy for success. For instance, pledging to "exercise more" without specifying (7) \_\_\_\_\_ often or what type of exercise can leave individuals feeling overwhelmed or directionless.

To maximise the likelihood of success, experts advocate setting SMART goals: specific, measurable, achievable, relevant, and time-bound. Rather (8) \_\_\_\_\_ vowing to "eat healthier," one might commit to eating five portions of fruit and vegetables daily or cooking a nutritious meal three times a week. Breaking goals into manageable steps not (9) \_\_\_\_\_ makes them more attainable but (10) \_\_\_\_\_ provides regular opportunities to celebrate progress.

(11) \_\_\_\_\_ factor influencing the success of resolutions is accountability. Sharing goals (12) \_\_\_\_\_ friends, family, or a support group can provide motivation and encouragement. Tracking progress through journals, apps, or weekly reviews can also help maintain focus and momentum.

(13) \_\_\_\_\_ the challenges, the act of setting resolutions holds value beyond their fulfilment. Reflecting (14) \_\_\_\_\_ one's life, identifying areas for growth, and taking steps to improve can foster a sense (15) \_\_\_\_\_ purpose and resilience. (16) \_\_\_\_\_ if the journey doesn't go as planned, the effort (17) \_\_\_\_\_ is a testament to one's commitment to personal development.

As the new year unfolds, embracing this tradition with realistic expectations and a positive mindset can pave the (18) \_\_\_\_\_ for meaningful change. After (19) \_\_\_\_\_, every small step towards self-improvement contributes to a brighter and (20) \_\_\_\_\_ fulfilling future.