

We've Been Hoping For a Romantic Trip

We all do it: every year 1) ___ 31st December we promise 2) ___ that next year we will get fit, 3) ___ weight or give 4) ___ something unhealthy. At 5) ___ time of year, a 6) ___ of your friends will be 7) ___ New Year resolutions. You may be doing that 8) ___. Perhaps you 9) ___ decided to 10) ___ a gym and get fitter, or pick 11) ___ a new skincare routine-decisions related 12) ___ appearance like 13) ___ are the 14) ___ popular resolutions. Other common self-improvement ones 15) ___ being more organized, 16) ___ money and spending 17) ___ time looking 18) ___ computer screens. Actually, at any time 19) ___ year, people often have the feeling that 20) ___ lives could 21) ___ improved if they ate 22) ___ healthily, took 23) ___ a hobby, read more books and 24) ___ on. Whatever the goal, 25) ___ , one study 26) ___ shown that 27) ___ 8% of people are successful in sticking 28) ___ their decision. Luckily, 29) ___ are some tips that will 30) ___ improve your chances. Firstly, when 31) ___ your goal, 32) ___ is important to be specific. Just saying you aim 33) ___ save money is 34) ___ enough. How 35) ___ are you going to save? By 36) ___? How will you do it? When answering questions 37) ___ this, you 38) ___ not make things 39) ___ easy, or you will not feel that you have really changed 40) ___. On the 41) ___ hand, your aims 42) ___ to be achievable-setting yourself 43) ___ impossible goal is a definite recipe 44) ___ failure. Once you have decided 45) ___ you want to do, tell people 46) ___ it. Research shows that 47) ___ more people you tell about 48) ___ decision, the more 49) ___ you are 50) ___ keep the resolution. Taking this sharing idea a step 51) ___ , there 52) ___ also evidence that doing things in 53) ___ group greatly increases everyone's chances 54) ___ success. One reason is that 55) ___ element of competition 56) ___ into play, and 57) ___ individuals feel that if 58) ___ fail, they will be 59) ___ others. Doing things in groups is more fun 60) ___ well, and this is 61) ___ important aspect. Once you have 62) ___ started, focus 63) ___ the pleasurable part of what you are 64) ___ , rather 65) ___ constantly worrying about 66) ___ goal. 67) ___ other words, try to 68) ___ of the activity as enjoyable for its 69) ___ sake, not just 70) ___ a means to an end. Finally-and this 71) ___ seem to contradict the last 72) ___ -think about what 73) ___ go wrong. Of 74) ___ the self-improvement books emphasize the power 75) ___ positive thinking, 76) ___ if you have anticipated 77) ___ problems and worked out 78) ___ you might overcome 79) ___ , you are 80) ___ less likely to give up 81) ___ the first 82) ___ of trouble. So 83) ___ you know! Set good goals, if possible 84) ___ with other people, and see 85) ___ far you come this year!