

Name: _____

Date: _____

New Year's Resolutions

READING COMPREHENSION ACTIVITY



Every year, many people make New Year's resolutions. These are promises they make to themselves to improve their lives. Common resolutions include exercising more, eating healthier, learning a new skill, or saving money. Some people are very successful with their resolutions, while others give up after a few weeks. Experts say that writing down resolutions and setting realistic goals can help people keep them. Interestingly, not all resolutions are serious. Some people make funny resolutions, like "I will watch more movies." The important thing is to try to improve yourself and enjoy the process.

A. Read the text about New Year's Resolutions and decide whether the sentences are true or false.

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|--|------|-------|
| 1. Many people make resolutions to change something in their lives. | True | False |
| 2. Everyone keeps their resolutions for the entire year. | True | False |
| 3. Writing down your resolutions can help you succeed. | True | False |
| 4. Some people give up on their resolutions after a few weeks. | True | False |
| 5. Some resolutions are made just for fun. | True | False |
| 6. Resolutions always have to be very serious. | True | False |
| 7. Experts suggest setting realistic goals for resolutions. | True | False |
| 8. Eating more junk food is a common resolution. | True | False |
| 9. Watching more movies can be a funny resolution. | True | False |
| 10. The text says enjoying the process is more important than success. | True | False |

