

New Year Resolutions

A New Year resolution is a promise you make to yourself to change your life in some way so that it becomes better. You may improve it by taking up something new; by trying harder at something; by cutting down on something or even by giving up something completely. Or you can just carry on doing what you are doing now!

Match these phrases with their meanings:

- 1 give up
- 2 cut down on
- 3 carry on
- 4 try harder at/in
- 5 take up

- a continue with
- b stop
- c begin
- d reduce
- e make more effort at