New Year's Resolutions

*a)Become more polite*

*b)Start drinking **in moderation** or quit*

*c)Stop **procrastinating***

*d)Spend less time on social media*

*e)Travel more and see the world*

*f)Become more active*

*g)Become tidier*

*h)Get more quality sleep*

*i)Learn how to dress with style*

*j) Volunteer and give more to charity*

*k) Learn to cook*

*l) Meet new people*

*m) Learn a new language*

*n) Learn more about art, music, culture etc.*

*o) Pick up useful skills or fun hobbies*

*p) Learn to be happier with your life*

*q) Start saving money*

*r) Start expressing yourself artistically*

1).....

The biggest barrier that keeps most people from reaching their goals is the desire to relax and do something fun instead of working hard. Once you get used to ***putting things off*** it's difficult to ***snap yourself out of it,*** so you'll need to put in a lot of work to change this ***bad habit.***

2).....

When we ***get stuck in a rut,*** we usually end up staying at home most of the time, missing out on a lot of interesting opportunities for networking and having fun. ***Socializing*** can be beneficial to your mental well-being and help your career, so don't be afraid to get out there and make some friends.

3).....

Some people don't really have a big weight problem, and they even get some exercise a few times a week, but they just sit around the most of the time at home and at work, which can have a negative effect on their posture and health. In that case, all you need is to find ways of moving around more throughout the day instead of staying ***hunched over the computer***. It's even more fun if you share your activity with friends and family.

4).....

***Good manners*** have always been an important part of a civilized society. They make it easier to connect with others, avoid offending people and will ensure that others take you as a good and trustworthy person.

5).....

Even those that are in ***decent*** shape, ***make a good living*** and have stress under control can still be unhappy. It takes time and patience to learn how to find joy in the little things and not to let problems ***bring you down.***

6).....

With big TV's, computers, smartphones, tablets and all sorts of gadgets with ***glowing lights*** and ***beeping alerts,*** it can be hard to get enough sleep at night. You should be gunning for at least 8 hours of sleep a night.

7).....

LIVEWORKSHEETS

There are a lot of ***slobs*** out there who can't really get their stuff organized, and a ***cluttered desk*** or chaotic home will negatively affect your productivity and even your mood, so it helps to clear the clutter, clean your house and lead a more organized life.

8)……

The way you look can say a lot about you, and can make you seem powerful and confident, which in turn can help you ***land a job***, get promoted, and ***catch the eye*** of a lovely guy or girl. No matter if you're male or female, know the dress code and live with style.

9)……

While it is completely safe and healthy to have one or two servings of an alcoholic ***beverage of your choice*** per day, not a lot of people can say that they can follow this rule effectively.

10)……

Once you have your debt under control, it's time to start putting some cash aside. A rainy day fund and some extra money that can go towards traveling abroad, fixing up the house or buying a new car are a welcome change of pace.

11)……

.Not only will it help improve your communication skills, it will also look great on your resume and possibly open up some doors for you.

12) ……

To ***devote*** your time and energy to helping those in need is ***a noble gesture*** and a reward in itself, but it is also an opportunity to meet new people, learn new skills and boost your resume.

13)……

Just sitting around all day ***won't get you anywhere***. It is much better to use your free time in a ***constructive manner*** and pick up new skills while having fun at the same time.

14)……

You'll need to have your finances in order, get the right equipment and invest some time and effort before you consider going across the globe, but there are ways of experiencing different cultures and visiting ***faraway places*** even on a tighter budget.

15) ……

It is one of the most essential skills that every man and woman should possess. It allows you to save money, eat the food you love just the way you like it and ***impress dates*** with lovely meals shared under candlelight.

16)……

The best way to ***fit in*** when talking to a variety of people from different backgrounds is to have ***a well-rounded education.*** Topics like art, music, history and culture often ***baffle*** people, but they can be easy to understand if you spend enough time learning about them using helpful websites and online courses.

17)……

LIVEWORKSHEETS

Some people might not spend hours in front of the TV, or playing video games, but social networking has become a serious addiction among a wide range of demographics. It's fine to ***stay in touch*** with friends and family, but if you consistently spend more than an hour every day doing it, it's time to make a change.

18).....

It is a great form of stress relief and helps keep your mind sharp. Some of these activities will also help you stay active and burn some calories. So go in the arts, write, ***craft***, make ***DIY projects*** – whatever makes your soul free.

LIVEWORKSHEETS