NEW YEAR RESOLUTIONS



1. Discuss the following questions:

a) What are New Year's resolutions? Give three examples!
b) Why do people make resolutions at the start of a new year?
c) What are some tips for sticking to a resolution over time?
d) How can we measure our progress towards achieving our resolutions?
e) What are some common challenges or obstacles that can get in the way of achieving a resolution? How can we overcome these challenges?
f) What are some ways that you can support and encourage others in achieving their New Year's resolutions?

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2. Read this text about New Year's resolutions and comment on:

- **Something confirmed**
- **Something new**
- **Something undecided**

New Year's resolutions are goals or intentions that people set for themselves at the beginning of a new year, with the aim of improving some aspect of their lives. Some common resolutions include wanting to lose weight, exercise more frequently, quit a harmful habit, save money, or learn a new skill.

There are many reasons why people make resolutions at the start of a new year. Some may want to take advantage of the clean slate and sense of renewal that comes with the start of a new year. Others may feel pressure from their social circle to make positive changes.

Setting specific, achievable goals can greatly increase your chances of successfully achieving your resolution. This is because having a clear target to aim for and being able to track your progress can help you stay motivated and on track. For instance, instead of resolving to "exercise more," it would be more effective to set a specific goal like "exercise at least three times a week for 30 minutes."

There are several strategies you can use to help you stick to your resolution over time. One strategy is to break your goal down into smaller, more manageable steps. You can also ask for support from friends or family or seek help from a professional coach. Additionally, rewarding yourself when you reach milestones can also be a helpful way to stay motivated.

Measuring your progress towards achieving your resolution can help you stay motivated and on track. Some ways to measure progress include keeping a log or journal of your activities, using a tracking app or tool, or setting up regular check-ins with a friend or mentor.

There are many common challenges or obstacles that can hinder your progress towards achieving your resolution. These may include a lack of time, a lack of motivation, a lack of support, or unexpected life events. To overcome these challenges, it can be helpful to set aside dedicated time for your resolution, find ways to stay motivated and accountable, seek support from others, and be flexible and adaptable when necessary.

There are several ways you can support and encourage others in achieving their New Year's resolutions. Some ideas include offering encouragement and positive feedback, providing resources or information that may be helpful, and being a good role model by working towards your own goals. You can also offer to help others stay accountable, or simply be a listening ear when they need it.

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3. True or false?

1. New Year's resolutions are goals or intentions that people set for themselves at the beginning of a new year to improve some aspect of their lives.
2. People only make New Year's resolutions because they feel pressure from their social circle.
3. Setting specific, achievable goals can increase the chances of successfully achieving a resolution.
4. It is not important to track progress towards achieving a resolution.
5. Breaking a goal down into smaller, more manageable steps can help with sticking to a resolution.
6. It is not necessary to seek support from friends, family, or a professional coach when working towards a resolution.
7. Measuring progress can help with staying motivated and on track.
8. It is not possible to overcome challenges or obstacles when working towards a resolution.
9. Encouraging and supporting others in their resolutions can be helpful.
10. Being a good role model is not important when supporting others in their resolutions.

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4. Match the words in column A with words in column B to form phrases. Then match the phrases with their definitions in column C. The first one has been done for you.

A	B	C
1. A clean	a) a harmful habit	i. to record what you're doing.
2. To quit	b) your progress	ii. Not having time/motivation etc.
3. achievable	c) support	iii. To successfully deal with and control problems.
4. To track /to measure	d) slate	iv. to stop doing something that is bad for you.
5. Lack of	e) challenges	v. To ask for help
6. To overcome	f) time/motivation, etc	vi. Objectives that you can achieve
7. To seek	g) to your resolution	vii. A fresh start.
8. To stick	h) goals	viii. to commit to your objective.

5. Choose one of these two tasks.

Think back to a successful resolution you made. What was it? What steps did you take to achieve it?

Make a resolution for 2023 What steps will you take to Successfully achieve it?

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