HOW TO STICK TO A NEW YEAR'S RESOLUTION



You will watch a video about New Year's resolutions. For questions 1-7, choose the best answer (A, B or C).

1) *Which of these things does the video suggest you will need for step 1?*
   a. A resolution
   b. A diary
   c. A friend

2) *What is the first thing you need to think about when making your resolution?*
   a. You need to remember that New Year's Day is just an ordinary day.
   b. You need to enlist a friend to help you keep your resolution.
   c. You need to prepare to make a brand new start.

3) *How should you go about choosing a resolution?*
   a. You should aim high and pick something that will change you.
   b. You should choose something that will make a big difference to your life.
   c. You should pick a simple goal that's not too difficult to achieve.

4) *What should you do once you have decided on your resolution?*
   a. Tell lots of people, so you won't be tempted to break it.
   b. Make a note of it.
   c. Tell a friend, and ask them to make sure you keep it.

5) *What does the video suggest you should do next?*
   a. Post your resolutions on Facebook.
   b. The video doesn't suggest anything.
   c. Enlist a friend to support you.

6) *How should you go about reviewing your progress?*
   a. The video doesn't say.
   b. Ask a friend's opinion on how you are doing.
   c. You should break your resolution down into steps, so you can see how you are doing.

7) *True or false? The video suggests adding some extra resolutions if you are doing well.*
   a. The video doesn't say.
   b. True
   c. False

Source: https://www.esolcourses.com/content/topics/new-year/intermediate/new-year-resolutions.html
Youtube : https://youtu.be/uvzqd4mcTYg

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