

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>