

New Year's Resolutions



Useful vocabulary

a brand new start

achieve

changes

cut down on

progress

focus

goals

habits

improve

challenge

give up

quit

long-term

TAKE UP

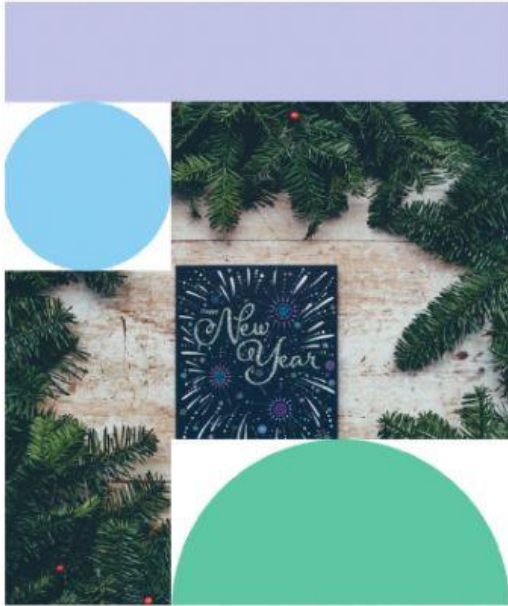
overdo

resolution

stick to

make New Year's resolutions

lifestyle



Discussion warm-up



- Was a 2022 good year for you? Why/why not? What were some of your highlights and low points?
- What are your plans for 2023?
- Will you make any new resolutions for 2023? Why/why not?
- Do you have a good feeling about 2023? Are you optimistic or pessimistic?





Which year has been
the best for you so
far? What made it so
good?



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