

# New Year's Resolutions

Many people make **resolutions** for the New Year. **Resolutions** are goals. People make resolutions because they want to improve themselves. They try to achieve these goals by the end of the year.

These are some common New Year's resolutions:

- I will lose weight.
- I will exercise more.
- I will quit smoking.
- I will save more money.
- I will learn English.

Read these New Year's resolutions. Fill in the blanks with *will* or *won't* and the correct verb. Use the verbs in the box. Some verbs might be used more than once.

make	go	complain	be	watch	exercise	eat
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1. This year, I want to be healthy. I \_\_\_\_\_ to the gym three days every week.
2. At the gym, I \_\_\_\_\_ for 30 minutes.
3. I need to eat healthier food, too. I \_\_\_\_\_ a lot of desserts.
4. I \_\_\_\_\_ more fruits and vegetables.
5. I won't stay up late at night. I \_\_\_\_\_ my favorite TV show at 9 pm, and then I will go to bed.
6. I will wake up at 7 am every morning so I \_\_\_\_\_ late for work.
7. I will have a good attitude at school. I \_\_\_\_\_ to my teacher.

8. I want to save more money this year. Instead of eating at restaurants, I \_\_\_\_\_ all my food at home.

## Making Resolutions

1. What are your resolutions for the year 2020?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

2. Write one of your resolutions again. What steps will you take to achieve your goal?

My Resolution: \_\_\_\_\_

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_