

# New Year's Resolutions

Match the sentences with the pictures and fill in the blanks using the correct form of the verbs

1. Start meditation practice: There ..... (be) scientific studies that show the many benefits of meditating. Meditating ..... (help) to improve your mood, it ..... (reduce) stress, it lessens anxiety, and it even increases your brain's grey matter.
2. Learn Something New Each Day: Set the resolution to ..... (learn) something new every day in order to ..... (have) a better understanding of the world and how it ..... (work).
3. Play More: Play is an important source of relaxation and stimulation for adults. In addition, it ..... (can) make you more creative and productive.
4. Write a Business Plan: Make 2021 the year you stop ..... (think) about starting a business and you start ..... (take) action. Once you get your ideas down on paper, you'll ..... (be) that much more motivated to turn those ideas into reality.
5. Start Doing Planks Every Day: ..... (do) plank exercises every day is a great way to strengthen your core.
6. Spend More Time In Nature: Humans were not made to be cooped up inside all day. Spending time in nature ..... (make) you happier, it boosts your immune system, and it even ..... (make) you more creative.
7. Keep a Journal: It can ..... (help) you to organize your thoughts, plan how to achieve your goals, and ..... (get) in touch with your true feelings and wants.
8. Travel: Plan a vacation. The world is a beautiful place, and there are many things to see. Next year, ..... (visit) a country you've always wanted to see
9. Volunteer: Set the resolution to ..... (do) good for others in the upcoming year. After all, you won't just ..... (be) benefiting those you help; you'll also be benefiting yourself.
10. Become More Confident: Confident people are happier, more relaxed, more likely to ..... (take) chances, and more likely to succeed. of purpose, ..... (make) your life more meaningful, increase your self-esteem, and make you happier.

