

Use the word given in capitals to form a word that fits the gap.

NEW YEAR'S RESOLUTIONS



Every year on 1st January, millions of people decide that they will 1) _____ [FINAL] become the wonderful, 2) _____ [PRODUCE], healthy, happy person they have always wanted to be. The 3) _____ [COMMIT] that an individual makes, at the beginning of the year, to achieving a 4) _____ [BENEFIT] lifestyle change is called a New Year's Resolution.

In the Western world, popular resolutions include improving one's 5) _____ [APPEAR] or physical 6) _____ [FIT], or reducing one's 7) _____ [TAKE] of alcohol or cigarettes. Losing weight, by eating more 8) _____ [SENSIBLE] and exercising more, is 9) _____ [POSSIBLE] the most common resolution.

A student may wish to focus more in class. Other people may make the 10) _____ [DECIDE] to donate money to the poor. Some may want to be more 11) _____ [ECONOMY] with their 12) _____ [SPEND], and there are those who choose to become more 13) _____ [ENVIRONMENT] responsible.

The trouble is that the 14) _____ [EAGER] to make changes, especially concerning exercise and diet, tends to fade as soon as we come to the 15) _____ [REALISE] that we cannot change everything 16) _____ [NIGHT]. Many New Year's resolutions are broken long before the end of January.