

1 Work in groups and discuss the questions.

- When do people make promises to themselves?
- What kinds of promises are common?
- What do you think makes people more likely to keep them?

2 Choose the correct alternatives to complete the promises.**Promises to myself**

- ① I'm going to review the notes I *keep/take* in class so that I remember more.
- ② I'm going to make *time/hours* for exercise every day.
- ③ I'm going to *make/do* my bed each morning.
- ④ I'm going to *take/make* more of an interest in world affairs.
- ⑤ I'm going to be more organised so I can *meet/keep* my deadlines.
- ⑥ I'm going to *speak/voice* my opinion at work more.
- ⑦ I'm not going to *break/lose* the rules any more.
- ⑧ I'm going to *take/make* charge of my future more confidently.
- ⑨ I'm going to *resolve/remain* a dispute with my neighbour.
- ⑩ I'm going to *remain/resolve* calm even when I'm nervous.
- ⑪ If something doesn't *make/take* sense to me, I'm going to ask about it.
- ⑫ I'm going to be more open to talking to people when waiting in *line/queue*.
- ⑬ I'm not going to lose my *anger/temper* at the little things.
- ⑭ I'm going to *keep/remain* all my promises!

3 Work in groups and discuss the questions.

- Which of the promises would be the hardest to keep?
- How could you help a friend keep each promise on the list?