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

THE IMPORTANCE OF REALISTIC NEW YEAR'S RESOLUTIONS



For many people, the **(1)** _____ [BEGIN] of a new year is **(2)** _____ [SYNONYM] with self-reflection and goal-setting. New Year's resolutions offer a chance to **(3)** _____ [VISION] a better version of ourselves and take steps towards **(4)** _____ [IMPROVE]. However, the **(5)** _____ [SUCCEED] of these resolutions often hinges on one **(6)** _____ [CRITIC] factor: realism.

(7) _____ [REAL] resolutions, though initially **(8)** _____ [INSPIRE], can quickly lead to **(9)** _____ [FRUSTRATE]. For instance, a person who decides to **(10)** _____ [COMPLETE] overhaul their lifestyle —such as cutting out all **(11)** _____ [HEALTH] foods or committing to daily intense **(12)** _____ [WORK]— may find the goals **(13)** _____ [SUSTAIN]. Psychologists emphasise that **(14)** _____ [FAIL] to meet such lofty **(15)** _____ [EXPECT] often results in a **(16)** _____ [LOSE] of motivation and, ultimately, the **(17)** _____ [ABANDON] of the resolution **(18)** _____ [TOGETHER].

In contrast, realistic goals are more likely to lead to **(19)** _____ [MEAN] change. A resolution to "exercise three times a week" or "reduce sugar **(20)** _____ [TAKE] gradually" provides clear, **(21)** _____ [ACHIEVE] targets. This **(22)** _____ [INCREMENT] approach not only makes the process less **(23)** _____ [OVERWHELM] but also allows individuals to track their progress, which can be highly motivating.

Another important aspect of successful resolutions is **(24)** _____ [ACCOUNT]. Sharing one's goals with friends or family can provide an added layer of motivation, as can tracking progress through apps or journals. Celebrating small victories along the way also reinforces positive **(25)** _____ [BEHAVE] and encourages long-term **(26)** _____ [COMMIT].

It's worth noting, however, that even the best-laid plans can go awry. Life is **(27)** _____ [PREDICT], and setbacks are inevitable. What matters most is resilience—the **(28)** _____ [ABLE] to adapt and persevere despite challenges. By viewing setbacks as temporary and part of the learning process, individuals can maintain their focus and continue working towards their goals.

Ultimately, New Year's resolutions are less about achieving **(29)** _____ [PERFECT] and more about the journey of self-improvement. Whether or not the **(30)** _____ [ORIGIN] goal is fully achieved, the process of striving towards something meaningful can bring a sense of purpose and fulfilment.

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