

Read the text and think of the word which best fits each gap.

NEW YEAR'S RESOLUTIONS: A FRESH START



As January begins, countless individuals take (1) _____ in the long-standing tradition of making New Year's resolutions. Rooted in the desire (2) _____ self-improvement, these personal pledges are often seen (3) _____ an opportunity to turn (4) _____ a new leaf and set meaningful goals for the year ahead. Whether it is about improving physical health, advancing in one's career, (5) _____ cultivating better relationships, resolutions embody the human inclination to strive for a better future.

However, while the idea of resolutions (6) _____ inspiring, their execution often proves challenging. Studies suggest that a significant proportion of people abandon their resolutions within the first few weeks of the year. The reasons for this vary but frequently include setting unrealistic goals or lacking a clear strategy for success. For instance, pledging to "exercise more" without specifying (7) _____ often or what type of exercise can leave individuals feeling overwhelmed or directionless.

To maximise the likelihood of success, experts advocate setting SMART goals: specific, measurable, achievable, relevant, and time-bound. Rather (8) _____ vowing to "eat healthier," one might commit to eating five portions of fruit and vegetables daily or cooking a nutritious meal three times a week. Breaking goals into manageable steps not (9) _____ makes them more attainable but (10) _____ provides regular opportunities to celebrate progress.

(11) _____ factor influencing the success of resolutions is accountability. Sharing goals (12) _____ friends, family, or a support group can provide motivation and encouragement. Tracking progress through journals, apps, or weekly reviews can also help maintain focus and momentum.

(13) _____ the challenges, the act of setting resolutions holds value beyond their fulfilment. Reflecting (14) _____ one's life, identifying areas for growth, and taking steps to improve can foster a sense (15) _____ purpose and resilience. (16) _____ if the journey doesn't go as planned, the effort (17) _____ is a testament to one's commitment to personal development.

As the new year unfolds, embracing this tradition with realistic expectations and a positive mindset can pave the (18) _____ for meaningful change. After (19) _____, every small step towards self-improvement contributes to a brighter and (20) _____ fulfilling future.