Name: Date:

New Year's Resolutions



READING COMPREHENSION ACTIVITY

Every year, many people make New Year's resolutions. These are promises they make to themselves to improve their lives. Common resolutions include exercising more, eating healthier, learning a new skill, or saving money. Some people are very successful with their resolutions, while others give up after a few weeks. Experts say that writing down resolutions and setting realistic goals can help people keep them. Interestingly, not all resolutions are serious. Some people make funny resolutions, like "I will watch more movies." The important thing is to try to improve yourself and enjoy the process.

A. Read the text about New Year's Resolutions and decide whether the sentences are true or false.

1.	Many people make resolutions to change something in their lives.	True	False
2.	Everyone keeps their resolutions for the entire year.	True	False
3.	Writing down your resolutions can help you succeed.	True	False
4.	Some people give up on their resolutions after a few weeks.	True	False
5.	Some resolutions are made just for fun.	True	False
6.	Resolutions always have to be very serious.	True	False
7.	Experts suggest setting realistic goals for resolutions.	True	False
8.	Eating more junk food is a common resolution.	True	False
9.	Watching more movies can be a funny resolution.	True	False
10.	The text says enjoying the process is more important than success.	True	False



LIVEWORKSHEETS