

# New Year, New Me – New Year’s Resolutions

1. Decide which of the pictures below illustrates the topic better. Justify your decision.



2. Do you make New Year’s resolutions? Do you regularly set goals for yourself?
3. Look at the list of popular resolutions below. Would you add anything?
4. Choose 5 resolutions that:
  - a) you think are the most/ the least common
  - b) you think should be priorities for most people
  - c) you don’t need /don’t want to pursue
  - d) are the most difficult to keep
  - e) could be your own resolutions

## List of popular resolutions

**Relationships** – meet friends more often, spend more time with my family, make new friends, be kinder to people, start friendly conversations with strangers, network with people who have similar interests

**Money** – work more/less, save money, stop spending money on things you don’t need, renegotiate contracts, ask for a raise, donate money/things to charity, pay off a loan, start a business, invest money

**Health** – go to bed early/get up early, cut down on sweets/junk food, lose weight, eat healthy, exercise regularly, give up smoking or other bad habits, go to the doctor for regular check-ups

**Lifestyle** – give up social media, travel more, find a hobby, read books, learn English or another language, stop procrastinating, think positively, become a minimalist, meditate, do voluntary work

“Studies have shown that less than 25% of people actually stay committed to their resolutions after just 30 days, and only 8% accomplish them.”

<https://www.forbes.com/sites/ashiraprossack1/2018/12/31/goals-not-resolutions/#4929f20e3879>

5. Why do so few people keep their resolutions? What kind of advice would you give to a person who sets the same goals every year and cannot achieve them?

[www.diyhandouts.com](http://www.diyhandouts.com)

6. Which goal is better? "I would like to lose some weight this year" or "I would like to lose 5 kg by the end of March"
7. What does it mean that goals should be SMART? In what way is the "I would like to lose 5 kg by the end of March" goal SMART?
8. Make some resolutions from ex. 4 e) or d) into smart goals.
9. Now try to break these goals down into small steps. Imagine what kind of specific actions you could put into a calendar.
10. How long does it take to form a new habit? Some people claim that if you repeat an action for about 30 days, it will become more automatic. Do you believe it?
11. According to Brian Tracy you should follow these 7 steps to develop a new habit. Try to explain what he means by each point.

**1) Make A Decision**

**2) Never Allow An Exception To Your New Habit**

**3) Tell Others You Are Practicing A New Behavior**

**4) Visualize Your New Habit**

**5) Create An Affirmation**

**6) Resolve To Persist**

**7) Reward Yourself**

<https://www.briantracy.com/blog/personal-success/seven-steps-to-developing-a-new-habit/>

12. Do you actively plan your year/quarter/month/week/day? Do you make to-do lists?
13. Do you prefer traditional calendars or do you rely on technology? Do you know any of these tools? - Google calendar, Evernote, Trello, Asana.
14. Find words in this handout to complete the phrases that match the definitions.
  - a) stay \_\_\_\_\_ to something - to be ready to work hard on something
  - b) \_\_\_\_\_ - a list of actions you plan to perform
  - c) \_\_\_\_\_ on sweets - to reduce the amount of sweets
  - d) \_\_\_\_\_ smoking - to quit smoking
  - e) \_\_\_\_\_ a goal - to plan a goal that you want to achieve

15. Complete the sentences with the following words. Two of them are extra.

short-term ● long-term ● realistic ● well-organized ● strong-willed ● self-discipline

- a) You need a lot of \_\_\_\_\_ to go swimming at 5 am 3 times a week.
- b) I am still a student but becoming a doctor is my \_\_\_\_\_ goal.
- c) I'm not \_\_\_\_\_. I do a lot of things last minute.
- d) Aim high but be \_\_\_\_\_. Too many goals can overwhelm you.