

New Year, New Me – New Year’s Resolutions Teacher’s handout

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 to their resolutions? What kind of advice would you give to a person who sets the same goals every year and cannot achieve them?
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 that 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?**

Specific (5 kg)

Measurable (5 kg)

Achievable (5 kg within 3 months is achievable).

Relevant (good goal for a person who wants to lose a little weight)

Time-bound (from January to March, there is a deadline).

8. Make some resolutions from ex. 4 e) or d) into smart goals.
9. Now try to break these goals down to 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 - First, make a decision. Decide clearly that you are going to begin acting in a specific way 100% of the time, whenever that behavior is required. For example, if you decide to arise early and exercise each morning, set your clock for a specific time, and when the alarm goes off, immediately get up, put on your exercise clothes and begin your exercise session.

2) Never Allow An Exception To Your New Habit - Second, never allow an exception to your new habit pattern during the formative stages. Don't make excuses or rationalizations. Don't let yourself off the hook. If you resolve to get up at 6:00 AM each morning, discipline yourself to get up at 6:00 AM, every single morning until this becomes automatic.

3) Tell Others You Are Practicing A New Behavior - Third, tell others that you are going to begin practicing a particular behavior. It is amazing how much more disciplined and determined you will become when you know that others are watching you to see if you have the willpower to follow through on your resolution.

4) Visualize Your New Habit - Fourth, visualize yourself performing or behaving in a particular way in a particular situation. The more often you visualize and imagine yourself acting as if you already had the new habit, the more rapidly this new behavior will be accepted by your subconscious mind and become automatic.

5) Create An Affirmation - Fifth, create an affirmation that you repeat over and over to yourself. This repetition dramatically increases the speed at which you develop the new habit. For example, you can say something like, *"I get up and get going immediately at 6:00 AM each morning!"* Repeat these words the last thing before you fall asleep. In most cases, you will automatically wake up minutes before the alarm clock goes off, and soon you will need no alarm clock at all.

6) Resolve To Persist - Sixth, resolve to persist in the new behavior until it is so automatic and easy that you actually feel uncomfortable when you do not do what you have decided to do.

7) Reward Yourself - Seventh, and most important, give yourself a reward of some kind for practicing in the new behavior. Each time you reward yourself, you reaffirm and reinforce the

behavior. Soon you begin to associate, at an unconscious level, the pleasure of the reward with the behavior. You set up your own force field of positive consequences that you unconsciously look forward to as the result of engaging in the behavior or habit that you have decided upon.

<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 **committed** to something - to be ready to work hard on something
- b) **a to-do list** - a list of actions you plan to perform
- c) **cut down** on sweets - to reduce the amount of sweets
- d) **give up** smoking - to quit smoking
- e) **set** 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 **self-discipline** to go swimming at 5 am 3 times a week.
- b) I am still a student but becoming a doctor is my **long-term** goal.
- c) I'm not **well-organized**. I do a lot of things last minute.
- d) Aim high but be **realistic**. Too many goals can overwhelm you.