



NEW YEAR & NEW YEAR'S RESOLUTIONS

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1. Picture to Story

Look at the picture.

Imagine it is 11:55 p.m. on New Year's Eve.

Write five things that might be happening.

Now imagine it is **12:05 a.m.**

What has changed?

Share your ideas.

2. Resolution Ranking

Rank these from **1 = most useful** to **8 = least useful**.

- ____ exercise more
- ____ save money
- ____ eat healthier
- ____ learn a new skill
- ____ spend less time online
- ____ travel more
- ____ read more
- ____ spend more time with family and friends

Compare your ranking with another student.

You must explain at least **two choices**.

4. Make It Realistic

Change these unrealistic resolutions into realistic ones.

1. "I'm going to exercise every day."
2. "I'm going to stop using my phone."
3. "I'm going to become fluent in Spanish this year."
4. "I'm going to save half my salary."
5. "I'm going to read 100 books this year."

Then compare your versions.

5. One-Minute Challenge

Speak for one minute:

"One thing I want to change this year..."

You must include:

the goal • the reason • the plan • one possible problem

Why Do People Make Resolutions?

Think of possible reasons.

- a fresh start
- motivation
- pressure from other people
- personal goals
- guilt
- wanting to improve
- tradition

Which three do you think are the most common?

Explain.

6. Resolution Problems

What could go wrong?

Resolution:

"I'm going to exercise three times a week."

Possible problems:

1. _____
2. _____
3. _____

Now give solutions.

I could... _____

I might... _____

One solution would be...

7. My Resolution Interview

Interview a partner.

1. What is one thing you want to improve?
2. Why is it important?
3. What might make it difficult?
4. What can you do to make it easier?
5. How will you know if you succeed?

Report your partner's answers to another student.