



NEW YEAR & NEW YEAR'S RESOLUTIONS

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1. Think Before You Speak

Complete:

People make New Year's resolutions because...

Give three different explanations.

Now decide which explanation you think is strongest.

2. Fix the Resolution

Improve these:

"I will lose weight." _____

"I will become rich." _____

"I will learn English." _____

"I will travel more." _____

"I will stop wasting time." _____

Make each one more specific and achievable.

3. Is January Special?

Discuss: "You don't need a new year to make a change."

Do you agree?

Why do people often wait for a particular date before changing their behaviour?

4. Mini Debate

New Year's resolutions are mostly a waste of time.

One side agrees.

One side disagrees.

Each side must prepare:

- three arguments
- one example
- one response to the other side

5. Personal Challenge

Choose **one** goal. Create a simple plan:

Goal: _____

Why: _____

First step: _____

Possible problem: _____ **My solution:** _____

How I will measure success: _____

Resolution or Goal?

Discuss the difference between:

- a resolution
- a goal
- a plan
- a habit
- a wish

Can something be all five?

Give examples.

Why Do Resolutions Fail?

Rank these possible reasons.

- unrealistic goals
- lack of motivation
- poor planning
- forgetting
- expecting quick results
- outside pressure
- lack of time

Choose the three biggest problems.

Defend your choices.