



NEW YEAR & NEW YEAR'S RESOLUTIONS

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The Psychology of a Fresh Start

Discuss:

Why does a new year sometimes feel like a chance to start again?

Think about:

- birthdays
- Mondays
- new jobs
- moving house
- graduation
- New Year

Which “fresh start” is most powerful? Why?

The Other Side

Choose one statement.

“People should always try to improve themselves.”

“People put too much pressure on themselves to improve.”

“Success should be measured by happiness, not achievement.”

“New Year is simply an artificial date.”

Argue **for** the statement for two minutes.

Then argue **against** it for one minute.

Social Media & Resolutions

How has social media changed New Year's resolutions?

Consider: fitness posts • travel • diets • productivity • influencers • challenges • comparison

Is social media more likely to motivate people or make them feel inadequate?

The New Year Advertisement

Imagine you work for a company selling a “New Year Life Programme.”

Create an advertisement promising to help people:

- become healthier
- become more successful
- save money
- learn something new
- improve their lives

Then ask: Where does advertising become manipulation?

The Resolution Debate

Discuss:

Are people more successful when they tell other people about their goals?

Arguments **FOR:**

- accountability
- encouragement
- support
- motivation

Arguments **AGAINST:**

- pressure
- embarrassment
- unnecessary attention
- loss of privacy

Which side is stronger?

Final Group Discussion

Imagine your group has been asked to create **Five Rules for a Successful New Year**.

Your rules could involve:

- goals
- health
- money
- relationships
- learning
- free time
- technology
- mental well-being

Agree on your five rules.

Present them to the class.

Final Writing Challenge

Write 180–220 words:

A New Year Is a Chance to Start Again — But Is It Really?

Discuss both sides of the argument.

Include:

- why people make resolutions
- why resolutions sometimes fail
- whether January is genuinely different from any other month
- your own conclusion
