

NEW YEAR'S RESOLUTIONS

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Level: Advanced B1–C1

Topic: Resolutions, Habits and the Good Life

Activity 1: Agree or Disagree?

Choose a position for each statement. Explain your reasoning and give examples.

1. New Year's resolutions are mostly a waste of time.
2. Small daily habits are more powerful than occasional bursts of motivation.
3. Health should be a higher priority than career success.
4. Social connections are just as important as physical exercise for long-term wellbeing.
5. People should stop focusing on appearance and pay more attention to overall health.
6. It is never too late to change an unhealthy habit.

Activity 2: Debate Preparation

Debate statement: "A realistic resolution is more valuable than an ambitious one."
Prepare arguments for and against the statement.

Arguments in favour:

- Realistic goals are easier to maintain.
- Small achievements can build confidence.
- Consistency can produce long-term results.

Arguments against:

- Ambitious goals can inspire people to achieve more.
- A major challenge can encourage personal growth.
- People sometimes underestimate what they can achieve.

Add at least two original arguments to your chosen side.

Activity 3: Useful Debate Language

Expressing an opinion

- I would argue that _____.
- From my perspective, _____.
- There is strong reason to believe that _____.

Supporting an argument

- One example of this is _____.
- This is important because _____.
- A further consideration is _____.

Challenging an argument

- I understand that point, but _____.
- That may be true in some cases; however, _____.
- Could we also consider _____?

Concluding

- Having considered both sides, _____.
- Ultimately, I believe _____.

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Activity 4: The Long-Term View

Discuss in small groups.

1. What does it mean to live a healthy life?
2. Why do people sometimes ignore their health until a problem appears?
3. How can technology help or harm our daily habits?
4. Should employers encourage healthier lifestyles?
5. What changes could communities make to support healthy ageing?
6. Which everyday habit do you think has the greatest long-term benefit?

Activity 5: The Resolution Challenge

Imagine that you are advising someone who wants to improve their life but feels overwhelmed.

Prepare a short presentation with:

- Three practical recommendations.
- One habit to develop gradually.
- One unrealistic expectation to avoid.
- One suggestion for staying motivated.
- A final encouraging message.

Activity 6: Reflection

Complete these sentences.

1. The strongest argument I heard today was _____.
2. One idea that changed or challenged my thinking was _____.
3. A realistic change I would recommend is _____.

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