

NEW YEAR'S RESOLUTIONS

* A Fresh Start… or the Same Old Habits? *

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INTERMEDIATE A2–B1

For students who are ready to move beyond basic English. Explore why people make resolutions, why good intentions sometimes disappear, and how realistic goals can lead to positive changes.

New Year, New Habits?

Activity 1: Reading – The January Promise

On 1 January, Emma made three resolutions. She was going to exercise every morning, stop eating sweets and save half her salary. She even bought new running shoes and a large notebook to record her progress.

For the first few days, Emma was full of energy. She went for a run, prepared healthy meals and wrote down every expense. But after a busy week at work, she missed one morning run. Then she bought a chocolate bar. By the end of the month, her notebook was under a pile of magazines.

Emma felt disappointed. Then a friend gave her some useful advice: "Don't try to change everything at once. Start with one small habit and keep going."

Emma decided to walk for twenty minutes after work and prepare lunch at home three days a week. These goals were easier to manage. She wasn't perfect, but she was making progress.

Activity 2: Reading Comprehension

Answer in complete sentences.

1. What three resolutions did Emma make?
2. What did she buy to help her reach her goals?
3. Why did her enthusiasm begin to disappear?
4. What advice did her friend give her?
5. What two smaller goals did Emma choose?
6. Why were the new goals easier to manage?

Activity 3: Match the Words to Their Meanings

1.	Resolution	A. Money that you receive for your work
2.	Salary	B. To deal with or organise something successfully
3.	Expense	C. A feeling of sadness because something did not happen as hoped
4.	Progress	D. Money that you spend
5.	Disappointed	E. Improvement or movement towards a goal
6.	Manage	F. A promise or decision to do something

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Activity 4: Complete the Sentences

Use the words in the box.

enthusiasm | *realistic* | *habit* | *progress* | *manage* | *goal*

1. It is easier to reach a _____ when you have a clear plan.
2. A _____ is something you do regularly.
3. Emma had lots of _____ at the beginning of January.
4. A good plan should be _____ and possible to achieve.
5. Small steps can help you make _____.
6. It can be difficult to _____ too many changes at once.

Activity 5: True or False?

1. Emma made only one resolution. ___
2. She bought new running shoes. ___
3. She kept all her resolutions perfectly. ___
4. Her friend advised her to start with one small habit. ___
5. Emma's new goals were easier to manage. ___

Activity 6: Talk About the Reading

Discuss with a partner.

1. Why do people often feel excited about resolutions in January?
2. Why might people give up their resolutions?
3. Do you think Emma's new plan is better? Explain.
4. What small habit could make a positive difference in your daily life?

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Answer Key

Activity 2:

1. Exercise every morning, stop eating sweets and save half her salary.
2. Running shoes and a notebook.
3. She became busy at work and missed some of her planned activities.
4. Start with one small habit and keep going.
5. Walk for twenty minutes after work and prepare lunch at home three days a week.
6. They were smaller and easier to fit into her routine.

Activity 3: 1–F, 2–A, 3–D, 4–E, 5–C, 6–B

Activity 4: 1. goal 2. habit 3. enthusiasm 4. realistic 5. progress 6. manage

Activity 5: 1. False 2. True 3. False 4. True 5. True

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