**NEW YEAR´S RESOLUTIONS DIFFICULT TO KEEP**

LISTEN AND FILL THE GAPS

New Year is when (1) \_\_\_\_ change our life over the next twelve months. A professor said: "January 1 is (2) \_\_\_\_\_ and a vow made (3) \_\_\_\_ much more powerful than one made on August 26." Most of our promises to (4) \_\_\_ things are usually broken by January 31st. They are usually the same resolutions that (5) \_\_\_\_from previous years. People tend (6) \_\_\_\_ resolutions even though they cannot keep them.

Around 45 per cent of us make resolutions. (7) \_\_\_are to lose (8) \_\_\_\_ smoking, save money, and get fit. Others include eating healthier food and drinking less alcohol. (9) \_\_\_\_\_\_ stick to these. A study found that 71 per cent of us stick to them for (10) \_\_\_\_\_\_. This goes down to 50 per cent after six months. Most people give up because (11) \_\_\_\_\_\_. They 'escape' by thinking they (12) \_\_\_\_\_ year'.

ANSWER THE FOLLOWING QUESTIONS

|  |  |
| --- | --- |
| 1) | What did you think when you read the headline? |
| 2) | What do you think of the idea of New Year's resolutions? |
| 3) | What New Year's resolutions do you make? |
| 4) | Are you good or bad at keeping New Year's resolutions? |
| 5) | What do you think this year will be like for you? |
| 6) | What things would you like to stop doing this year? |
| 7) | What would you say about your willpower? |
| 8) | What do you think of the "I'll try again next year" escape clause? |
| 9) | How was last year for you? |
| 10) | What one thing would you like to change about last year? |

WATCH THE FOLLOWING VIDEO

<https://www.youtube.com/watch?v=-Gyydb4CzyU>

What resolutions does the video show?