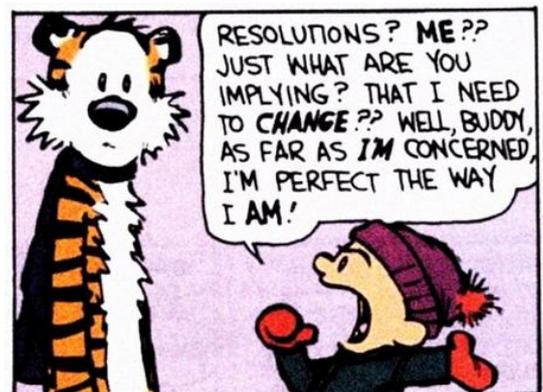
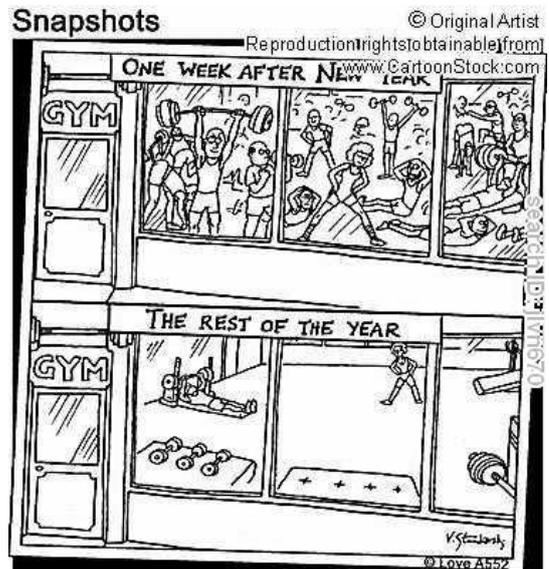


NEW YEAR RESOLUTIONS

Study the pictures and discuss them. Do you agree with some of their suggestions?



The Problems With New Year's Resolutions

A New Year's **resolution** is a promise that we make to ourselves to change something in our lives for the better. The changes are supposed to start with the beginning of the New Year, which gives many people an **excuse** to **abuse** their bad habits to the limit during the last few weeks of December. People often make **commitments** to stop smoking or lose **weight** with the beginning of January, so just before that, they feel excused to smoke 2 packets of cigarettes by day and eat all the food with cheese or **gravy** on top of it. After all, it's like an **award** in advance for all the hard work that they will do during the **upcoming** year.



The problem with New Year's resolutions is that they are rarely **followed** by actions. Motivation is something that does not **last** for more than a week, especially during the beginning of the year when all of us have so much to do at work or school. Of course, there are these few fighters, with their Nicorette **patches** on, nicotine **infused** chewing gums ordered and their year's gym **memberships** bought and ready to be used. But... The stress is too big to be **beaten** with a chewing gum and the gym is too **far** and the opening hours do not **fit** our busy lifestyles. So, absolutely not by our fault, we **postpone** the resolutions to the next New Year, when life will be less stressful and days will be longer.

What are the mistakes that we make while planning our resolutions? Are our promises too big or our **wills** too **weak**? Maybe instead of telling ourselves to lose 30kilos we should decide to start eating healthier? Maybe instead of quitting smoking we should try **cutting down**?

Questions:

1. What is a New Year's resolution?
2. According to the text, what are the most popular New Year's resolutions? Would you agree with these choices?
3. Why is it difficult to keep New Year's Resolutions? Would you agree with the suggestions given in the text?
4. Do you ever make New Year's resolutions? Why/Why not?
5. If you had to make a list of 10 best New Year's resolutions, what would there be and why?

The Problems With New Year's Resolutions – Vocabulary Practice

Match the words with their definitions:

- | | |
|--------------|---|
| 1.resolution | a. the amount that something or someone weighs |
| 2.excuse | b. a prize that is given to someone following an official decision |
| 3.(to)abuse | c. a reason that you give to explain why you did something wrong |
| 4.commitment | d. to continue to exist |
| 5.weight | e. a promise to yourself to do or to not do something |
| 6.gravy | f. happening soon |
| 7.award | g. a sauce made with meat juices and flour, served with meat and vegetables |
| 8.upcoming | h. a promise or firm decision to do something |
| 9.(to)follow | i. to move behind someone or something and go where they go |
| 10.(to)last | j. to use something in a way that is harmful or morally wrong |

Match the words with their definitions:

- | | |
|------------------------|--|
| 1.patch | a. to defeat or do better than |
| 2.infused | b. to delay an event and plan that it should happen at a later date or time |
| 3.membership | c. filled with |
| 4.(to)beat | d. the opposite of strong |
| 5.far | e. the state of belonging to an organization |
| 6.(to)fit | f. to do less of something or use something in smaller amounts |
| 7.(to)postpone | g. to be suitable for something |
| 8.will | h. a small piece of material that can be stuck to the skin, from which particular substances can be absorbed to the body |
| 9.weak | i. a determination to do something, despite any difficulties or opposition |
| 10.(to)cut down on sth | j. at, to, or from a great distance in space or time |

Change the words in bold using their synonyms. Choose between the words given below:

BEATEN RESOLUTION CUT DOWN ON POSTPONED GRAVY AWARD WILL FIT

1. My **determination** is not strong enough to continue this diet.
2. I've made a **commitment** that I will stop gossiping!
3. I must **eat less** sweets, I'm getting fat!
4. I love this **sauce!** What spices have you added there?
5. Germany was **defeated** in the II World War.
6. The match was **delayed** because of the rain.
7. What was the **prize** she won for the first place?
8. This job doesn't **suit** my life.

Fill the gaps with the words given below:

RESOLUTION EXCUSE UPCOMING PATCH MEMBERSHIP FAR FIT WEAK

1. You are late for the third time this week! What's yourthis time?
2. I can't see what is written on the billboard, it's too
3. Mark is wearing a nicotinebecause he wants to quit smoking.
4. Myfor this year is to eat less; that's all.
5. Mary, I don't think that this kind of language isfor a young lady!
6. I feel a bit sad; I don't have any plans for thesummer holidays.
7. How much is your monthly all-inclusive
8. I can't lift these bags, I'm too



KEY

Vocabulary Practice

Part 1

1. E
2. C
3. J
4. H
5. A
6. G
7. B
8. F
9. I
10. D

Part 2

1. H
2. C
3. E
4. A
5. J
6. G
7. B
8. I
9. D
10. F

Part 3

1. My **determination** is not strong enough to continue this diet. WILL
2. I've made a **commitment** that I will stop gossiping! RESOLUTION
3. I must **eat less** sweets, I'm getting fat! CUT DOWN ON
4. I love this **sauce**! What spices have you added there? GRAVY
5. Germany was **defeated** in the II World War. BEATEN
6. The match was **delayed** because of the rain. POSTPONED
7. What was the **prize** she won for the first place? AWARD
8. This job doesn't **suit** my life. FIT

Part 4

1. You are late for the third time this week! What's yourexcuse.....this time?
2. I can't see what is written on the billboard, it's toofar.....
3. Mark is wearing a nicotinepatch.....because he wants to quit smoking.
4. Myresolution.....for this year is to eat less; that's all.
5. Mary, I don't think that this kind of language isfit.....for a young lady!
6. I feel a bit sad; I don't have any plans for theupcoming.....summer holidays.
7. How much is your monthly all-inclusivemembership.....?
8. I can't lift these bags, I'm too ...weak.....!