New Year's Resolutions

Lead-in

1. What are New Year's Resolutions?
2. Did you have any resolutions last year? What were they? Did you keep them?
3. Why do people fail to keep resolutions?

Vocabulary

Match the words to make correct expressions

- save
- get out of
- get
- change
- quit
- give up
- spend
- move
- lose
- smoking
- debt
- house
- alcohol
- money/time
- weight
- job/career
- money/time
- fit

Match the opposites

- save
- lose (weight)
- give up
- quit
- start
- spend
- take up
- put on
www.MyVouchers.co.uk asked 1,672 people about their New Year's Resolutions for 2013. Here are the results of their survey:

1. Save more money – 31%
2. Get out of debt – 22%
3. Get fit/lose weight – 18%
4. Change job/career – 16%
5. Quit smoking – 13%
6. Give up alcohol – 11%
7. Spend less time working – 9%
8. Spend more time with family/friends – 7%
9. Give up chocolate – 6%
10. Move house – 2%

Divide the list into general and specific resolutions:

<table>
<thead>
<tr>
<th>general</th>
<th>specific</th>
</tr>
</thead>
<tbody>
<tr>
<td>save more money</td>
<td>quit smoking</td>
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Look at the 'general' list and give examples of things you can do to make them more specific.
e.g. Save more money: buy only what you really need,
     after doing shopping put the change into a 'piggy bank'
     buy second hand clothes and books

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Page 2
My New Year's Resolutions

Make your own list of New Year's Resolutions for 2013, be as specific as possible. Do you think it will help you follow the list?

1. ________________
2. ________________
3. ________________
4. ________________
5. ________________

Source: The most popular New Year’s resolutions for 2013, By Neela Debnath  Thursday, 3 January 2013, http://blogs.independent.co.uk/2013/01/03/the-most-popular-new-years-resolutions-for-2013

Prepared by mgr Aleksandra Glaz
save smoking
get out of debt
get house
change alcohol
quit money/time
give up weight
spend job/career
move money/time
lose fit

Match the opposites

save start
lose (weight) spend
give up take up
quit put on