



# New Year's Resolutions

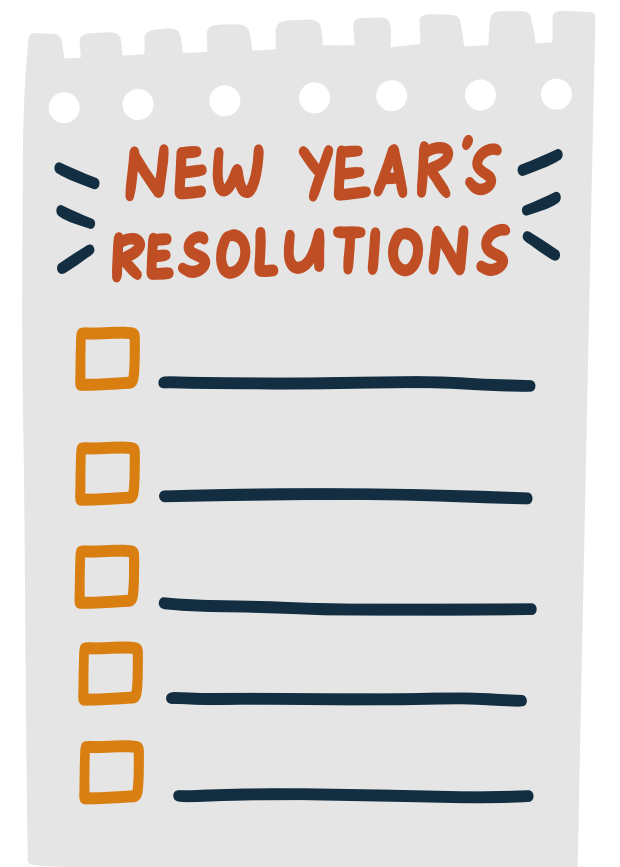
Speaking/reading B1 lesson





# Warm-up

- Do you usually make New Year's resolutions? Why or why not?
- Have you ever kept a resolution for a long time? What helped you succeed?
- Why do you think people often stop following their resolutions after a few weeks?
- Do you think New Year is really the best time to make changes, or are other moments better? Why?





## Warm-up

Which types of resolutions do you think are the most popular, and why? Make a list of 10!

NEW YEAR  
NEW ME



# Most common New Year's Resolutions - let's read!

- **Exercise more**

- Many people promise to be more physically active to improve their health, energy levels, or appearance.

- **Eat healthier**

- This often means eating more fruit and vegetables, cooking at home, or cutting down on sugar and processed food.

- **Lose weight**

- For some, this is connected to health; for others, it's about feeling more confident.

- **Save money**

- People often want to spend less, create a budget, or start saving for the future.

- **Reduce stress**

- This may include learning to relax, working fewer hours, or setting clearer boundaries between work and personal life.

# Most common New Year's Resolutions - let's read!



- **Improve work-life balance**

- Many aim to spend more quality time with family and friends instead of focusing only on work.

- **Learn a new skill**

- Popular choices include learning a language, playing an instrument, or developing digital skills.

- **Quit a bad habit**

- Common examples are smoking, excessive screen time, or unhealthy eating habits.

- **Be more organised**

- This can involve planning better, keeping a tidy home, or managing time more effectively.

- **Focus on mental health**

- People increasingly aim to practise self-care, mindfulness, or seek professional support when needed.

# Let's talk!

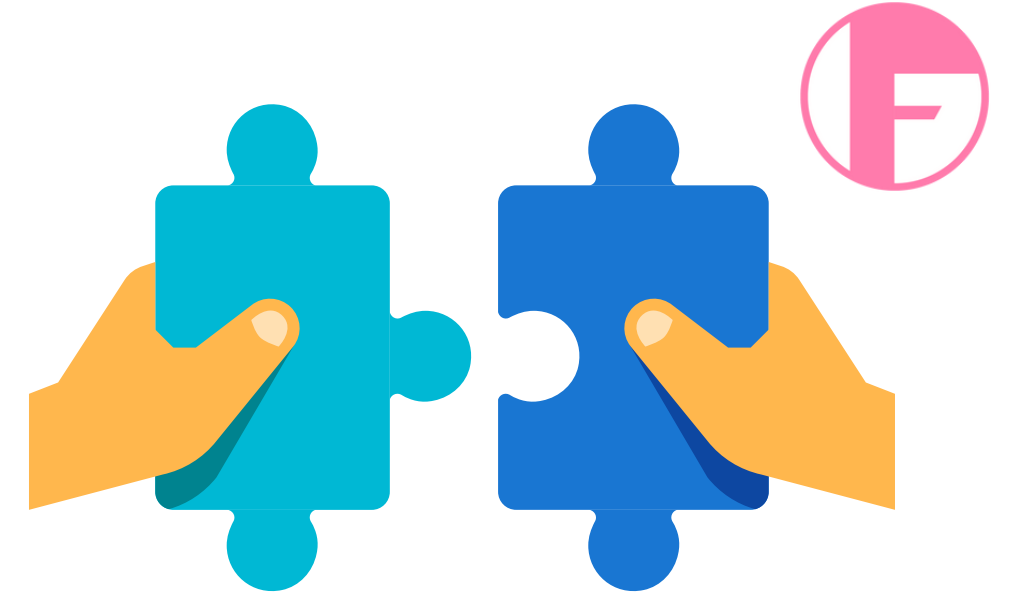


- Are you surprised by any of the resolutions?
- Which ones would work for you and which one wouldn't?



# Vocabulary

1. clean slate
2. to divide
3. overwhelming
4. to feel discouraged
5. setback



- A. A problem or difficulty that slows down progress
- B. So difficult or intense that it is hard to manage
- C. A feeling of losing confidence or motivation after a problem or failure
- D. To separate something into parts or sections
- E. A clean or fresh start, especially when talking about new beginnings



# Vocabulary - let's talk

1. People often see the New Year as a “**clean slate**.” Do you personally feel this way? Why or why not?
2. Some people **divide** their goals into smaller steps. Do you think this helps?
3. When can a goal feel **overwhelming**? What makes a resolution too difficult to continue?
4. What usually makes people **feel discouraged** when working towards a goal?
5. Have you ever experienced a **setback** while trying to change a habit or achieve a goal?





# Why do New Year's Resolutions often fail?



planning - motivation - falls - keep - give - start - ambitious - deadlines

New Year's resolutions are a tradition in many cultures. The (1) \_\_\_\_\_ of a new year feels symbolic – a fresh beginning, a clean slate, and a chance to improve ourselves.

Psychologically, this moment creates (2) \_\_\_\_\_ because people naturally like to divide time into “chapters,” and a new year feels like the perfect moment to start again.

However, while many people make resolutions, far fewer manage to (3) \_\_\_\_\_ them. One common reason is that goals are often too (4) \_\_\_\_\_. Promises such as “I will exercise every day” or “I will completely change my lifestyle” can quickly become overwhelming. When progress is slower than expected, people feel discouraged and (5) \_\_\_\_\_ up.

Another reason for failure is a lack of (6) \_\_\_\_\_. Wanting something is not the same as knowing how to achieve it. Without clear steps, routines, or (7) \_\_\_\_\_, motivation can fade after the first few weeks. In addition, many people rely only on motivation, which naturally rises and (8) \_\_\_\_\_. When motivation disappears, habits have not yet had time to form.



# Why do New Year's Resolutions often fail?

fixed - achievements - small - realistic - building - failure

On the other hand, people who succeed usually set (9) \_\_\_\_\_ and specific goals. Instead of vague plans, they focus on small, measurable actions, such as exercising twice a week or saving a (10) \_\_\_\_\_ amount of money each month. Successful people also accept that setbacks are normal and do not see them as (11) \_\_\_\_\_.

To increase the chances of success, experts suggest starting (12) \_\_\_\_\_, tracking progress, and focusing on (13) \_\_\_\_\_ habits rather than chasing quick results. Sharing goals with others and celebrating small (14) \_\_\_\_\_ can also help people stay committed long after January ends.





# Let's plan 1

## An athlete

Imagine you're an athlete who would like to win an important tournament this year. Create a list of 5-8 plans that you are going to introduce this year to help you achieve your goal.





# Let's plan 2

## A small business owner

Imagine you run a small business and want to increase your income this year.  
Create 5–8 realistic actions you will take to help your business grow.



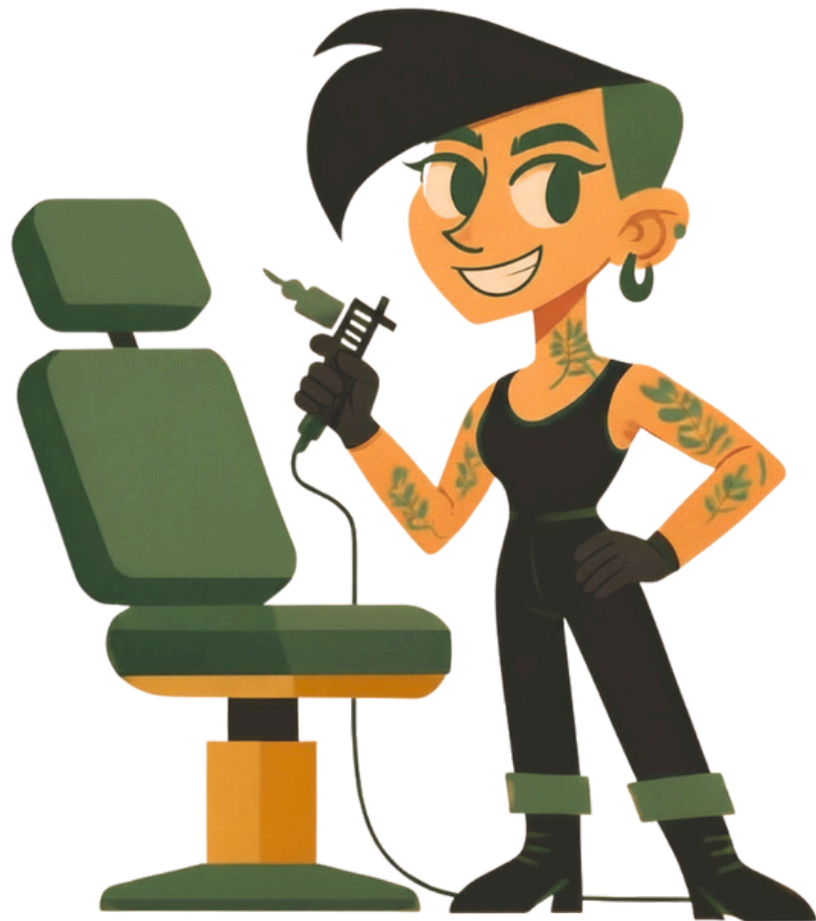




# Let's plan 3

## A creative person

Imagine you're a writer, artist, or musician who wants to finish an important project this year. Create 5–8 plans to help you stay creative and productive.





# Let's plan 4

## **A person saving for something important**

Imagine you're saving money for a big goal (a trip, a car, or a home). Create 5–8 financial decisions you will introduce to reach this goal.







# Let's plan 5

## A person learning a new language

Imagine you want to reach a higher language level by the end of the year. Create 5–8 learning strategies you will use to stay consistent and motivated.



# Let's talk!



1. Do you think New Year's resolutions are more helpful or more stressful for most people? Why?
2. Which resolution from today's lesson do you think is the most realistic to keep? Which is the most overwhelming?
3. Is it better to focus on one resolution or several at the same time? Explain your opinion.
4. How should people react when they experience a setback?
5. Is motivation enough to succeed? Why, why not? Is anything else necessary?
6. Should people share their resolutions with others, or keep them private? Why?
7. In your opinion, does failing at a resolution mean failure overall, or part of the process?
8. If you could give one piece of advice to someone who feels discouraged in February, what would it be?





# Why do New Year's Resolutions often fail?



New Year's resolutions are a tradition in many cultures. The 1. **start** of a new year feels symbolic – a fresh beginning, a clean slate, and a chance to improve ourselves. Psychologically, this moment creates 2. **motivation** because people naturally like to divide time into “chapters,” and a new year feels like the perfect moment to start again.

However, while many people make resolutions, far fewer manage to 3. **keep** them. One common reason is that goals are often too 4. **ambitious**. Promises such as “I will exercise every day” or “I will completely change my lifestyle” can quickly become overwhelming. When progress is slower than expected, people feel discouraged and 5. **give** up.

Another reason for failure is a lack of 6. **planning**. Wanting something is not the same as knowing how to achieve it. Without clear steps, routines, or 7. **deadlines**, motivation can fade after the first few weeks. In addition, many people rely only on motivation, which naturally rises and 8. **falls**. When motivation disappears, habits have not yet had time to form.

On the other hand, people who succeed usually set 9. **realistic** and specific goals. Instead of vague plans, they focus on small, measurable actions, such as exercising twice a week or saving a 10. **fixed** amount of money each month. Successful people also accept that setbacks are normal and do not see them as 11. **failure**.

To increase the chances of success, experts suggest starting 12. **small**, tracking progress, and focusing on 13. **building** habits rather than chasing quick results. Sharing goals with others and celebrating small 14. **achievements** can also help people stay committed long after January ends.



**Thank you!**

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