

New Year's Resolutions are made on January 1<sup>st</sup>. It is a time for a **fresh start**. People think about something they plan to change in the upcoming year. A recent study showed that around 45% of Americans make New Year's Resolutions every year. However, only 8% **stick with** their resolution.

**Key Expressions**

fresh start  
stick with  
keep up with



The most popular resolutions are to lose weight, to quit smoking and to save money. People frequently make these resolutions, but rarely **keep up with** them.

## New Year's Traditions

In Switzerland they drop ice cream on the floor on New Year's!



In Denmark people climb on top of chairs and "jump" into the New Year to bring good luck.



In Spain people try to eat 12 grapes at midnight, it symbolizes good luck for the next year.



In Thailand they throw buckets of water at each other!

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This year I resolve to

I plan on achieving this goal by