

# New Year's Resolutions

A New Year's Resolution is a promise to yourself to improve your life in some way. You can improve your life by starting something new, by trying harder at something, by cutting down on something, or even quitting something. OR we can just keep doing what we are doing now.

## HAPPY NEW YEAR

Match the following phrases:

Who am I?

- |                  |       |                            |
|------------------|-------|----------------------------|
| quit             | _____ | (a) continue               |
| cut down on      | _____ | (b) stop                   |
| keep doing       | _____ | (c) reduce                 |
| try harder in/at | _____ | (d) begin                  |
| start            | _____ | (e) give more effort in/at |



quit ~ing ...

(1) I've decided to **quit** smoking.

(2) \_\_\_\_\_

cut down on ~ing ...

(1) I'm going to **cut down on** eating sweets.

(2) \_\_\_\_\_

keep ~ing ...

(1) I'm planning to **keep** helping my family.

(2) \_\_\_\_\_

try harder at/in

(1) I'm planning to **try harder in** English.

(2) \_\_\_\_\_

starting

(1) I'm thinking of **starting** another English course.

(2) \_\_\_\_\_



Who am I?

## My New Year Resolutions

Write down at least two resolutions for each section. Remember to use all the expressions you know for talking about the future:

Resolutions to live a healthier life:

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Resolutions to help my parents:

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Resolutions to do well in school:

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Resolutions to live a happier life:

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Resolutions to be good to my friends:

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Resolutions to protect the environment:

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Resolutions to be a good citizen:

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