

NEW YEAR'S RESOLUTIONS

Watch the [video](#) "How to keep your New Year's resolutions" by TedTalks.

1 WARM UP

Task: Would you rather...? Explain your answers.

be healthier?	or	make more money?
learn how to cook?	or	learn photography?
spend more time with friends?	or	spend more time with family?
travel to more destinations?	or	buy your own house?

2 VOCABULARY

Task: Complete the sentences with the correct word. Then, say if you agree or not.

panic	magic	inspiration	procrastination
optimism	self-loathing	motivation	unsurprising

- Optimism** is a great quality to have. It helps you accomplish more in life.
- Motivation** comes and goes. You need to stay consistent, even on your *off* days.
- When I leave tasks to the last minute, it causes me to **panic**.
- You can't wait for things to happen, you need to create your own **magic** in life.
- Procrastination** is the thief of time.
- The fact that most people procrastinate due to their smartphones is **unsurprising**.
- In order to complete a creative task, you need to find **inspiration**.
- Whenever I have an unproductive day, I feel a sense of **self-loathing**.

3 GRAMMAR: FUTURE FORMS

Read the theory about future forms. Then, complete the tasks.

	Will	Going to
Structure	will + base form of verb	am / is / are + going to + base form of the verb
Examples	I will stop smoking. He will go to the gym every week. They will learn how to cook.	I am going to eat less sugar. She is going to learn painting. We are going to get fit.

Task 1: Rewrite the following sentence prompts into full sentences in the future tense.
Your student is allowed to use any of the future forms.

- He / stop / smoking.
He will stop smoking.
- She / more / exercise.
She is going to do more exercise.
- I / eat / vegetarian.
I will eat vegetarian.
- They / spend / time / together.
They will spend more time together.
- We / go / holiday / every month.
We are going on holiday every month.
- I / read / more.
I will read more.
- You / learn / how / draw.
You will learn how to draw.
- He / work / harder.
He will work harder.
- We / spend / time / outside.
We are going to spend more time outside.
- They / learn / photography.
They will learn photography.





Task 2: Use the future tense to talk about your New Year's resolutions. You need to make a resolution about each of the following categories.

work

health

hobbies

family

friends

rest

4 VIDEO: LISTENING & DISCUSSION

Complete the tasks about the [video](#).

Task 1: Say if the following statements are true or false. Give the correct statement where necessary.

1. The speaker is still in school. **T**
2. He didn't want to write his paper, but then inspiration just hit him. **F**
3. His "5 minute break" turned into a very long, unproductive break. **T**
4. A definition for optimism is that you can watch Netflix without procrastinating. **F**
5. Motivation is finite. It runs out very quickly. **T**
6. To create habits, you need to set small goals. **T**
7. You need to enjoy a task to continue doing it on a regular basis. **T**
8. You don't have to be emotionally invested in the process to stay motivated. **F**
9. Motivation is not a skill, you either have it or you don't. **F**
10. You can make tasks more enjoyable to stay motivated to do them. **T**

Task 2: Answer the following questions.

1. Can you define procrastination?
2. Have you ever wanted to take a 5 min break that turned into an hour break?
3. Do you procrastinate by watching Netflix? How do you procrastinate?
4. Why is it hard to stick to a New Year's resolution?
5. Describe how habits are formed, according to the video.
6. How does the speaker define motivation?
7. What is the message of the video?
8. Discuss the quote from the video: "He who looks outside, dreams. He who looks inside, awakes". What do you think it means?

5 ARTICLE

Task 1: Read the article. Then, complete the exercises.

How to keep your New Year's resolutions

A New Year's resolution is a firm decision made on New Year's Eve to do or refrain from doing something over the course of the coming year.

Chances are at some time in your life, you've made a New Year's resolution — and then broken it. This year, stop the cycle of resolving to make change and then not following through. If your resolution is to take better care of yourself and get healthy, you will have a much better year if your resolution sticks. Here are five tips to help you get started.

1. Be realistic

The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favourite food again is setting you up to fail. Instead, strive for a goal that is attainable, such as avoiding it more often than you do now.

2. Plan ahead

Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31st arrives.

3. Make a 'pros' & 'cons' list

It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

4. Reward yourself

This doesn't mean that you can eat an entire box of chocolates if your resolution is to eat a better diet. Instead, celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with new fitness clothing or by going to a movie with a friend.

5. Don't beat yourself up

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take one day at a time. It is only important to stay consistent, show up and try your best.

Source: [Link](#)

Task 2: Give each paragraph a title from the box.

reward yourself	be realistic	don't beat yourself up
make a "pros" and "cons" list	plan ahead	



Task 3: Find a word in the article that means...

1. **firm**: unlikely to change.
2. **attainable**: able to be attained; achievable.
3. **motivation**: desire or willingness to do something.
4. **contradict**: to be in conflict with.
5. **slip**: not up to usual performance; a mistake.

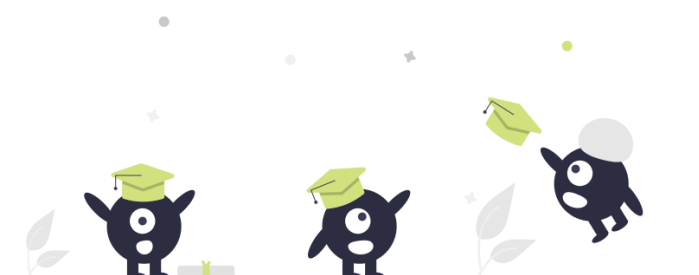
Task 4: Answer the questions about the article.

1. Which of these tips do you find the most useful? Explain.
2. Which of these tips do you find the least useful? Explain.
3. Explain what you can do to keep your New Year's resolutions.
4. Can you think of other tips to help keep your resolutions?

6 SPEAKING EXERCISE: MOTIVATIONAL QUOTES

Task: Discuss the following quotes as a class. Are they motivational or unattainable?

1. *"We cannot solve problems with the kind of thinking we employed when we came up with them."* — Albert Einstein
2. *"Learn as if you will live forever, live like you will die tomorrow."* — Mahatma Gandhi
3. *"Success is not final; failure is not fatal: It is the courage to continue that counts."* — Winston S. Churchill
4. *"I never dreamed about success. I worked for it."* — Estée Lauder
5. *"Just one small positive thought in the morning can change your whole day."* — Dalai Lama



7 DISCUSSION QUESTIONS

Task: Discuss the following questions as a class.

1. What do you typically do to celebrate on New Year's Eve?
2. Do you think this holiday has too much hype? Explain.
3. What are some New Year's traditions in your country?
4. What are your New Year's resolutions?
5. Talk about your plan to achieve each of your resolutions.
6. Have you ever kept a New Year's resolution? What was it?
7. Have you ever broken a New Year's resolution? What was it?
8. Why do you think people fail to keep their New Year's resolutions?
9. What are some of the most common New Year's resolutions you've heard of?
10. Do you think it is important to have New Year's resolutions?
11. Should resolutions only be created at the beginning of a year?
12. Is it more important to stay motivated or consistent? Explain.



2 WRITING EXERCISES

Task: Write answers to the questions.

1. What are your New Year's resolutions?

2. How can you make sure you keep your New Year's resolutions?

3. Why do you think most people don't stick to their New Year's resolutions?

4. Talk about a New Year's resolution that has changed your life for the better.

5. Discuss the following quote by Ruth Bader Ginsburg: "Real change, enduring change, happens one step at a time".
