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Speaking & Listening – Discussion

New Year's Resolutions – Discussion Material

a) Discuss the following questions with a partner or small group:

1. Do you know what new year's resolutions are?
2. When do we make them?
3. Why do we make them?
4. Do you make new year's resolutions? What do you usually try to change?
5. How good are you at keeping them?
6. Tell me about your resolutions from January *this* year. How long did you keep them for?
7. Tell me about the resolutions you are planning for *next* year. How long will you keep them for?

b) Below are some of the most common new year's resolutions that people make. Which of them do you most relate to? Why? How easy would it be for you to keep them? Why? Can you add any more?

c) Which resolutions are about...

- starting or continuing a virtuous habit?
- ending destructive behaviour?

d) Discuss each resolution below focusing on the following questions:

- WHY would somebody make this resolution?
- HOW would somebody be able to keep it?
- WHAT would their ultimate goal be?
- WOULD you do this? COULD you?

This year, my new year's resolutions are to...

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| 1. achieve something | 26. learn a new skill |
| 2. be more sociable | 27. live by the ocean |
| 3. become a volunteer | 28. live in a foreign country for a few months |
| 4. break up with my partner | 29. lose weight |
| 5. buy a boat and go sailing | 30. meet interesting people |
| 6. buy a smartphone | 31. meet my idol |
| 7. change my profession | 32. move house |
| 8. ditch my smartphone for a 'dumb' phone | 33. not waste time |
| 9. drink less alcohol | 34. pass an important qualification |
| 10. drink more water | 35. pass my driving test |
| 11. eat less red meat | 36. quit social media |
| 12. eat more healthily | 37. read more |
| 13. get 500 friends on Facebook | 38. save money |
| 14. get 8 hours of sleep every night | 39. sell unwanted possessions |
| 15. get a new hairstyle | 40. spend less time on the internet |
| 16. get a new wardrobe (new clothes) | 41. spend more time with my family |
| 17. get a promotion | 42. start my own business |
| 18. get fit | 43. stop biting my nails |
| 19. get married | 44. subscribe to a magazine |
| 20. get Netflix | 45. take up a new hobby |
| 21. give up smoking | 46. travel |
| 22. go horse riding | 47. try a new hairstyle |
| 23. have a baby | 48. try an extreme sport |
| 24. join a church | 49. wake up early every day and go jogging |
| 25. learn a musical instrument | 50. watch less TV |