

This year I ...

worksheet 1

1. Underline five suggested resolutions

New Year's resolutions

My suggestions for New Year's resolutions, focus on health, hobbies, and well-being. Getting active is encouraged, whether through sports, dance, or simple walks, with the option to join local clubs. Taking up a new hobby, like sketching, cooking, or playing a musical instrument, is another excellent way to start the year.

I'm going to focus on healthy eating by eating fewer sugary foods and eating more healthy options. You could go 'greener' through recycling, reducing single-use plastics, eating less meat, and conserving water. Limiting screen time can encourage more outdoor activities and real-life interactions.

Daily acts of goodwill towards others, including family members can make you feel good. New Year's resolutions aren't for everyone, some people may prefer to focus on the positive aspects of the upcoming year and create a list of things to look forward to.

2. What are your resolutions for the rest of the year?

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1. Homework: Think about your resolutions carefully. What can you do to achieve them? Try to think of at least THREE things.

Example: *This year I'm going to save more money. I'm going to write down all the money I spend every day. I'm not going to spend ...*