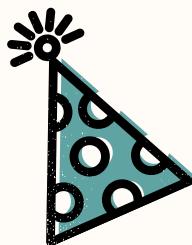




New Year's Eve

1. How did you spend this New Year's Eve? How did you spend last New Year's Eve?
2. Are there any New Year's Eve traditions or superstitions in your country e.g. settling debts?
3. Do you think fireworks are ethical? Do you know how they affect domestic and wild animals?
4. Do you know any alternatives to fireworks?
5. Have you ever heard of or seen a laser light show?
6. Can you list a few positive things which happened to you last year?
7. Are you looking forward to anything specific this year?



New Year's Resolutions

USEFUL PHRASES B2

- cut down on sth - to do or use less of sth

This year I'm gonna **cut down on** sugar.

- cut sth out - to stop eating or drinking sth

I'm also planning to **cut caffeine out** altogether!

- put sth off (also procrastinate) - to delay an event or activity

I won't **put off going** to the gym anymore.

- get in the habit of - to start doing sth regularly

I will get in the habit of **learning** a new English word every day.

- break/kick the habit of - to give up sth that you have done for a long time

I will try to break the habit of **biting** my nails.

EXERCISE 1

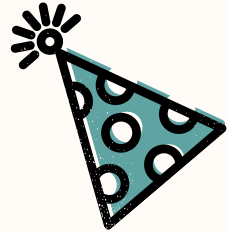
1. I was ill so we put ... the meeting for a week.
2. Ellen cut meat ... when she became vegetarian a year ago. Now she eats chicken once a week so in the end, she cut ... on meat.
3. I promise that I won't ... **off doing** my homework till the last minute.
4. You need to ... the habit of **staying** up late and ... in the habit of **going** to sleep at 10 pm.
5. I think it would be a good idea to ... down on fast food.
6. I used to smoke but when my daughter asked me to quit, I ... the habit.

EXERCISE 2

1. When you were a teenager did you use to put off work till the last minute? How about now?
2. Which food do you think everybody should cut down on or completely cut out?
3. Tell me about a few habits you should break and a few you should have (use the phrase 'to get in the habit of')



New year,
new me!



'GOAL' PHRASES B2

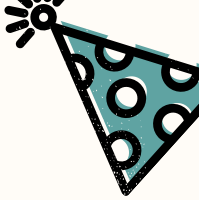
- set a goal - to decide what you want to achieve
- stick to a goal - to continue pursuing your goal
- short-term goal - a goal you want to achieve soon
- long-term goal - a goal you want to achieve sometime in the future
- achieve / accomplish a goal - to do sth you set out to do
- an achievable / realistic goal - a goal you can achieve
- an unachievable / unrealistic goal - a goal you can't achieve

EXERCISE 3

1. This is a very ambitious goal but not ... How do you plan to ... it?
2. You can do whatever you want when we're done. Until then, ... to the plan.
3. If you want to become a doctor, you should ... some goals first.
4. When I first set this ...-term goal it seemed ... but after I broke it down into a few ...-term goals I knew I will ... it.
5. Cutting sugar out seems a bit ... but cutting down on it is quite ... I reckon.
6. When you set such ...-term goals, you are bound to have a few setbacks.
7. It seems that you lost motivation. How about we ... a goal and work on a plan to ... it?
8. When you have a setback you might think that your task is ... but it's not true. Just ... to your goal and you'll definitely ... it!



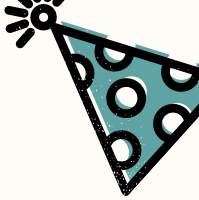
EXERCISE 4



These are quotes from various articles. Fill in the gaps using phrases from pages 2 and 3.

1. "HOW TO QUIT SMOKING: 7 WAYS TO K... THE HABIT! B... THE HARMFUL HABIT WITH THESE TIPS!"
2. "Anyone having issues with inflammation may want to consider cutting o... the dairy in their coffee".
3. "So, you have this goal you've been adding to your "need to a..." list year after year, but never actually a... it."
4. "Without l...-t... goals, it isn't easy to map out where you are and where you are going"
5. "It happens to all of us: We s.. a big ambition or a New Year's resolution, and then it just fizzles out'
6. "Starting a fitness journey is amazing for both your mind and body, but s... to it can sometimes prove to be difficult."
7. "Too often we set u... fitness goals which are unsustainable in the long run."
8. "She adds that setting r... goals is important to not overwhelm you (or your body) and avoid burnout."
9. "Whatever fitness goals you decide to s... are unique to you and need to be suited to your lifestyle."
10. "When one area of a city, town or village becomes so desirable and expensive, it becomes u... for" average buyers.
11. "One of the biggest reasons for failure is having u... expectations"
12. "Unfortunately, speciality coffee drinks that many of us g... in the habit of ordering at our favourite cafe are full of sugar and added calories from fat."





USEFUL IDIOMS B2+

- bite off more than you can chew - to try to do sth that is too difficult for you
- turn over a new leaf - to change your attitude or behaviour in a positive way
- start with a clean slate - start again afresh, ignoring your past experiences
- by force of habit - to do sth without thinking because you do it very often

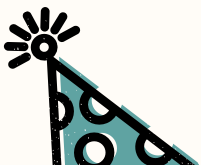


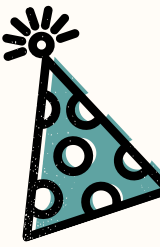
- In the 16th century pages in books were called leaves.
- Have you heard the Latin phrase 'tabula rasa'? That's what a clean slate is.
- Slates in the past were used to write on by students at school.



EXERCISE 5

1. I fasten my seatbelts by ... of habit. I don't even think about it.
2. I think that participating in so many events is a wonderful opportunity. I'm just afraid that I will bite ... more than I can chew.
3. Jerry never cared about his grades but when he decided to become a doctor he turned ... a new leaf and started to study.
4. We really wanted to start over, build the system from scratch and start with a clean ...
5. She realised that her behaviour upset her mother greatly so she promised to turn over a new ...
6. This project is far too complex for somebody with your experience. Don't ... off more than you can chew!





ALL PHRASES

EXERCISE 6

Fill in the gaps using all the phrases and idioms from previous pages:

1. I'm always late for meetings. I want to ... this habit.
2. If you set ... goals, it will be hard to achieve them.
3. When you set new goals be careful not to bite off more than you can ...
4. I've been ... off doing my homework the whole week. I need to do it today.
5. This year, I will turn over a new ... and I'll quit smoking.
6. Speaking English fluently is a ...-term goal. For now, I'll set a ...-term goal of studying 5 new words a week.
7. It's hard to ... a habit and not fall back into the old ways later.
8. When I was a kid my dad ... me in the habit of brushing my teeth twice a day.

EXERCISE 7

Answer these questions:

1. Have you set any New Year's Resolutions this year?
2. Do you remember New Year's Resolutions you set last year? Did you achieve them?
3. What are the most popular New Year's Resolutions?
4. Why do people fail at accomplishing their resolutions?
5. How do you think companies benefit from people's New Year's Resolutions?
6. Tell me about a bad habit you have managed to kick or you wish you did.





ANSWERS

EXERCISE 1

1. off
2. out, down
3. put
4. break/kick, get
5. cut
6. break/kick



EXERCISE 5

1. force
2. off
3. over
4. slate
5. leaf
6. bite



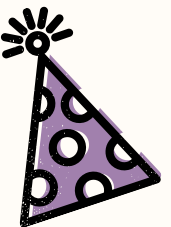
EXERCISE 3

1. realistic/achievable, achieve/accomplish
2. stick
3. set
4. long, unachievable/unrealistic
5. unachievable/unrealistic, realistic/achievable
6. long
7. set, achieve/accomplish
8. unachievable/unrealistic, stick, accomplish/achieve



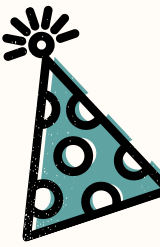
EXERCISE 6

1. break/kick
2. unrealistic/unachievable
3. chew
4. put
5. leaf
6. long, short
7. break/kick
8. got



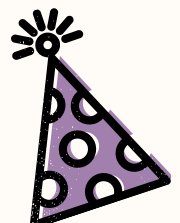
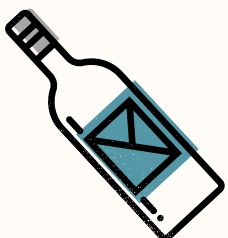
EXERCISE 4

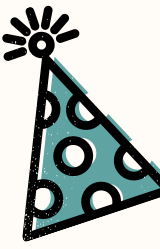
1. kick, break
2. out
3. achieve, accomplished
4. long-term
5. set
6. sticking
7. unrealistic
8. realistic
9. set
10. unachievable
11. unrealistic
12. get



Read and watch

- Watch this video: https://www.youtube.com/watch?v=O_TQdEMfzPQ&ab_channel=MedSchoolInsiders
And write down tips that you think could help you to stick to your New Year's Resolutions.
- Read about New Year's Superstitions <https://www.snopes.com/fact-check/new-years-superstitions/>
- Read about fireworks <https://mymlsa.org/fireworks-may-be-legal-but-are-they-ethical-for-riparian-use/>
- Watch this video to learn why New Year's resolutions fail https://www.youtube.com/watch?v=Pm9CQn07OjU&ab_channel=Veritasium
- Read about how New Year's Resolutions affect different markets <https://teamcoact.com/learning-center/how-new-years-resolutions-affect-different-markets/>





Glossary

- be looking forward to seeing sb
- cut down on sth
- spread
- cut sth out
- put off doing sth
- procrastinate
- get in the habit of doing sth
- break/kick the habit of doing sth
- set a goal
- stick to a goal
- short-term goal
- long-term goal
- achieve/accomplish a goal
- achievable/realistic goal
- unachievable/unrealistic goal
- inflammation
- map out
- fizzle out
- unsustainable
- burnout
- bite off more than you can chew
- turn over a new leaf
- start with a clean slate
- by force of habit
- start from scratch
- fall back into the old ways
- be set in one's ways
- go out on a limb
- commercial jet
- plummet to death
- sprout wings
- stapler
- desk drawer
- gossip
- public service
- botched boob job
- make fun of sb
- pass on information
- bet
- keep an eye on sb

