New Year's resolutions!

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It’s nearly Christmas, and, although it is one of my favourite times of the year, there is something very special about celebrating the New Year after spending time with family and friends over Christmas. Often, I eat far too much over the Christmas break, and so I usually make a New Year’s resolution to go on a diet and do more exercise!!

A New Year’s resolution is a promise you make to yourself to do something good (or to stop doing something bad) in the New Year. When I was younger, these resolutions often involved being nicer to my sister, or helping my Mum with jobs around the house (such as emptying the dishwasher or tidying my room more often). Here are some popular resolutions:

- to eat more healthily or do more exercise
- to stop a bad habit, such as to quit smoking or to stop swearing
- to spend more time with your family
- to be happier!
- to travel or take a trip somewhere
- to learn a foreign language
- to learn how to cook
- to save money
- to read more books
- to make more friends or be friendlier to other people

These resolutions are usually made after Christmas, and they begin on January 1st, the first day of the New Year. Often, they are broken within a few weeks, but sometimes they last throughout the year.

In April, I am going to run the London Marathon, so my New Year’s resolution in 2014 is to train very hard. I am going to try and complete my training programme without missing any days, and to go out running whether it is raining or sunny outside!

Language level:

[B2](https://learnenglishteens.britishcouncil.org/level/b2-cefr/term)

Topics:

[new year](https://learnenglishteens.britishcouncil.org/topics/new-year/term)

[annual festivals](https://learnenglishteens.britishcouncil.org/topics/annual-festivals/term)

[resolutions](https://learnenglishteens.britishcouncil.org/topics/resolutions/term)

Discussion

Have you ever made a New Year’s resolution? Which resolution will you make this year?