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New Year Resolutions in English

Talk about a fresh start in English: wishes, goals, habits and a year to plan.



12 PAGES · ENGLISH ONLY

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Before you start

How to use this book

Twelve topics for talking about a fresh start in English, with a place to plan your own year.

Ten to fifteen minutes a day

1. **Say each sentence aloud.** Change the words to make it true for you.
2. **Answer the two questions aloud.**
3. **Try the small task.** It makes the sentences real.
4. **Fill in your own pages** at the back as you go.

Keeping a resolution

- Choose one or two goals, not ten.
- Start very small, such as five minutes a day.
- Write the goal as a sentence with a day: “I will ___ on ___.”
- Tell one friend, so someone can ask you how it is going.
- If you miss a day, start again the next day.
- Look at your progress once a month.

What this book is

It is a speaking and planning book for the New Year, in English only. It teaches the English for talking about goals, and it does not promise that any goal will be reached. Choose goals that are kind to you, and ask a doctor or another professional for advice on health and money. It is not matched to any exam, and the examples are only examples.

Topics 1 and 2

Say it, answer it, try it

01 Wishes and greetings

SAY IT

1. Happy New Year!
2. Wishing you health and happiness.
3. May this year be a good one for you.
4. Thank you, same to you.
5. Let us celebrate together.

ANSWER ALOUD

1. How do you greet someone on New Year's Day?
   For example: Happy New Year! Wishing you health and happiness.
2. How do you reply?
   For example: Thank you, same to you.

TRY IT TODAY

Send three New Year wishes in English to people you know.

02 Looking back at last year

SAY IT

1. Last year, I learned _____ .
2. I am proud that I _____ .
3. It was a hard year, but I kept going.
4. I am thankful for _____ .
5. The best day was _____ .

ANSWER ALOUD

1. What did you learn last year?
   For example: I learned to cook a few new dishes.
2. What are you proud of?
   For example: I am proud that I kept going.

TRY IT TODAY

Say three good things from last year, aloud.

Topics 3 and 4

Say it, answer it, try it

03 Making a resolution

SAY IT

1. This year, I will _____.
2. I want to _____.
3. My goal is to _____.
4. I am going to start small.
5. I will begin on _____.

ANSWER ALOUD

1. What is your resolution?
   For example: This year, I will walk every morning.
2. When will you begin?
   For example: I will begin on the first of January.

TRY IT TODAY

Say one resolution in a full sentence, with a start date.

04 Health

SAY IT

1. I will walk for twenty minutes a day.
2. I am going to drink more water.
3. I want to sleep earlier.
4. I will eat less sugar.
5. I will rest when I am tired.

ANSWER ALOUD

1. What will you do for your health?
   For example: I will walk for twenty minutes a day.
2. What might make it hard?
   For example: It is hard to start when it is cold.

TRY IT TODAY

Choose one small health habit and say how you will do it.

Topics 5 and 6

Say it, answer it, try it

05 Learning English

SAY IT

1. I will practise English every day.
2. I want to speak with more people.
3. I am going to learn five new words a week.
4. I will read one page aloud each night.
5. I will not be afraid of mistakes.

ANSWER ALOUD

1. How will you practise English?
   For example: I will speak English for ten minutes every day.
2. What do you want to be able to do?
   For example: I want to talk with my colleagues without worrying.

TRY IT TODAY

Write your English goal in one sentence and say it aloud.

06 Money

SAY IT

1. I will save a little every month.
2. I want to spend less on things I do not need.
3. I am going to make a simple budget.
4. I will write down what I spend.
5. I will not buy things in a hurry.

ANSWER ALOUD

1. What is your money goal?
   For example: I will save a little every month.
2. How will you remember it?
   For example: I will write down what I spend.

TRY IT TODAY

Say one small money habit you could start this month.

Topics 7 and 8

Say it, answer it, try it

07 Family and friends

SAY IT

1. I will call my family more often.
2. I want to spend more time with my friends.
3. I am going to listen more.
4. I will say thank you every day.
5. I will visit _____ this year.

ANSWER ALOUD

1. Who do you want to spend more time with?
   For example: I want to spend more time with my cousins.
2. What small thing can you do?
   For example: I can call them every Sunday.

TRY IT TODAY

Call or message one person today and use a full English sentence.

08 Work and study

SAY IT

1. I will finish _____ this year.
2. I want to learn a new skill.
3. I am going to plan my week on Sunday.
4. I will ask for help when I need it.
5. I will take short breaks.

ANSWER ALOUD

1. What do you want to finish this year?
   For example: I want to finish my course.
2. How will you plan?
   For example: I will plan my week every Sunday.

TRY IT TODAY

Say your work or study goal in three sentences.

Topics 9 and 10

Say it, answer it, try it

09 Reading and hobbies

SAY IT

1. I will read one book a month.
2. I want to try _____ .
3. I am going to practise for fifteen minutes a day.
4. I will join a group.
5. I will make time for fun.

ANSWER ALOUD

1. What do you want to try?
   For example: I want to try painting.
2. How often will you practise?
   For example: I will practise for fifteen minutes a day.

TRY IT TODAY

Choose one hobby and say how you will make time for it.

10 Kindness and community

SAY IT

1. I will help someone every week.
2. I want to be more patient.
3. I am going to say sorry when I am wrong.
4. I will give some of my time to _____ .
5. I will smile at people.

ANSWER ALOUD

1. How will you help others?
   For example: I will help a neighbour every week.
2. What do you want to improve in yourself?
   For example: I want to be more patient.

TRY IT TODAY

Do one kind thing today and tell someone about it in English.

Topics 11 and 12

Say it, answer it, try it

11 Home and habits

SAY IT

1. I will keep my room tidy.
2. I want to wake up earlier.
3. I am going to put my phone away at night.
4. I will plan my meals.
5. I will do one small job every day.

ANSWER ALOUD

1. What habit do you want to start?
   For example: I want to wake up earlier.
2. What small job can you do each day?
   For example: I can tidy my desk.

TRY IT TODAY

Pick one habit and say it with a time: “I will ___ at ___.”

12 Keeping going

SAY IT

1. It is okay to miss a day.
2. I will start again, not give up.
3. Small steps add up.
4. I will tell a friend my goal.
5. I will check my progress every month.

ANSWER ALOUD

1. What will you do if you miss a day?
   For example: I will start again the next day.
2. How will you check your progress?
   For example: I will look at my tracker on the first of every month.

TRY IT TODAY

Tell a friend your main resolution and ask them to check in with you.

Wishes and words

A good start

Wishes to say, and words to know.

Wishes and phrases

Happy New Year!	The usual greeting, said on and after New Year's Eve.
Wishing you a happy and healthy year.	A kind wish for a friend or family.
May this year bring you joy.	A warm, slightly formal wish.
Same to you!	A quick reply to a greeting.
Let us make a fresh start.	Said when you begin something new.
What is your resolution this year?	A good question for a friend.
I have a goal for this year.	Starting to share your plan.
One step at a time.	A reminder to keep going.

Words to know

resolution	a promise you make to yourself to do something
goal	something you want to reach
habit	something you do again and again
fresh start	a new beginning
progress	getting better, step by step
motivation	the reason that makes you want to do something
routine	a set of things you do in the same order
reward	something nice you give yourself for doing well

My resolutions

A page to fill in

Write up to five resolutions. Keep each one small and clear.

MY RESOLUTION	MY FIRST STEP	WHEN

My main resolution in one sentence

“This year, I will ___ because ___.”

My year

Twelve months

Colour in a box each month when you have worked on a goal, even a little.

GOAL	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

When I miss a month

It is okay. I will start again, not give up. Write one thing that will help you start again:

Looking back

At the end of the year

At the end of the year, look back and say it in English.

This year, I...

I am proud that...

Next year, I will...