

Part One

Discussion One

1. What is a **New Year's Resolution**?

2. What are some examples of **New Year's Resolutions**? Write a list of them:

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3. Take the New Year's Resolutions that you wrote in question 2, and organise them into categories such as Health and Fitness, Recreation and Fun and so on.

Discussion Two

1. Look over your list and choose the resolutions that you are making for 2016. Share them with your group.

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Discussion Three

How can you keep your resolutions? Share your ideas with your group.

Discussion Four

1. Click on the two links and compare your resolutions to the common ones listed in these two infographics.

[New Year's Resolutions Infographic One](#)

[New Year's Resolutions Infographic Two](#)

2. What suggestions are listed to help you keep your resolutions? Do you think the suggestions are helpful? Discuss with your group.

Part Two

Open the following doc work on it with your group.

[New Year's Resolutions - Education](#)
