



New Year's Resolutions

Ten questions to get your students talking about New Year's Resolutions for 2025!

1 What is a New Year's resolution and why do people make them?

2 Did you make a New Year's resolution last year? What was it?

3 Why do you think some people find it hard to keep to a New Year's resolution?

4 What strategies can help you stick to a New Year's resolution?



5 Are New Year's resolutions important in your culture? How are they viewed?

6 Do you think making a New Year's resolution with friends is better than alone? Why?

7 Can you think of an unusual New Year's resolution?

8 How is a New Year's resolution different from other goals?

9

Is there anything you're planning to stop doing this year?

10

Is it okay to change or give up on a resolution during the year? Why?

What's your New Year's Resolution?