

Name: _____

Class: ____ - ____ # ____

~QUIZ~

1. Fill in the blanks.

New Year's resolutions are _____ that people make to _____ themselves and their way of living. For example, many common New Year's resolutions are to _____, eat _____ and lose _____.

2. How many people fail to keep their New Year's resolutions?

- | | |
|--------------------------|--------------------------|
| (a) less than 15 percent | (c) less than 50 percent |
| (b) more than 15 percent | (d) more than 50 percent |

3. Why do so many people fail to keep their resolutions?

- (a) they make too few resolutions
- (b) their goals are too large
- (c) their goals are clear
- (d) their goals are specific

4. Which of the following is NOT one of Mr. Bill's New Year's resolutions?

- | | |
|-------------------|-----------------------|
| (a) lose weight | (c) practice Romanian |
| (b) read everyday | (d) floss every night |

5. Do you have any New Year's resolutions? How do you want to improve yourself in 2019? *Remember to be clear and specific with your goals.*