

New Year's Resolutions

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Good morning, UNAN! Today is Friday, January 11th, 2019.

Happy New Year! At the start of a new year, many people make New Year's resolutions. New Year's resolutions are changes that people want to make to improve themselves and their way of living. For example, many common New Year's resolutions are to exercise, eat healthier and lose weight. On New Year's Day, many people promise to make these changes, but more than 50 percent of them fail to keep their resolutions. Why do so many people fail? It's probably because people make too many resolutions, and the resolutions that people make are too broad and unrealistic. Their goals are too large, so it is impossible to achieve them. People should make smaller resolutions that are easier to keep and do every day. For example, instead of saying "I'm going to eat healthier," you should say, "I'm going to eat a fruit every day as a snack." Instead of saying "I'm going to exercise more," you should say, "I'm going to join a soccer club," or "I'm going to run three times a week." Making clear and specific goals is the key to keeping your New Year's resolutions.

I have many New Year's resolutions for 2019. Of course I want to eat healthy and exercise more, but I have other changes I want to make too. This year, I want to read one book every month by reading for 30 minutes every day before I go to sleep. I'm also going to practice Romanian, my mother's native language, by studying for one hour every Monday and Friday. I'm going to exercise more by joining a volleyball club with my friend. And finally, I want to improve my dental hygiene by flossing my teeth every night.

Do *you* have any New Year's resolutions? How do *you* want to improve yourself in 2019?

