

Name: Teacher's Answer KeyClass: - # **~QUIZ~****1. Fill in the blanks.**

New Year's resolutions are changes that people 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.

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.

Students' opinion: should not be a large goal ~ clear + specific!

I want to _____

I'm going to _____

I will _____