

**LANGUAGE  
IN USE** **3**

Read the text about New Year’s resolutions. Some words are missing. Complete the text by writing an appropriate word for each gap (1–11). Write only one word in each space provided. The first one (0) has been done for you.

### How to keep your New Year’s resolutions

Every New Year’s Eve I write a list of resolutions. Some are practical (whiten teeth), while (0) \_\_\_\_\_ are a bit less realistic (write best-selling novel). These promises work as my own personal road map for the next 12 (1) \_\_\_\_\_. And I’m not alone. Every year millions of people around the globe make lists of ideas for what they can change about themselves in the following year, including: drink less alcohol, eat healthier (2) \_\_\_\_\_, get a better education, find a better job, spend less money, get fit, recycle more, and so on. As someone who’s made resolutions (3) \_\_\_\_\_ than once, I wanted to know: Is it true that most people don’t keep their resolutions? The answer, I am relieved to discover, is ‘yes’. Whew!

So, what’s the secret to keeping your resolutions? I have learned simply wanting to change is not enough; you need to work on it. One way to do this is to share your resolutions with others. “When you keep resolutions a secret, no one is going to check if you keep (4) \_\_\_\_\_,” says Joe Ferrari, professor of psychology at DePaul University in Chicago. He says that sharing your resolutions with other people is a good way to ring in the New Year. Social media offers (5) \_\_\_\_\_ chance to let others know about your goals.

Once you’ve involved others in your resolutions, (6) \_\_\_\_\_ steps can you take to make sure you have something positive to report? Here’s some (7) \_\_\_\_\_ from the experts. The success of your New Year’s resolutions starts in your head. Limiting yourself to a few resolutions, maybe even one, and being specific are a (8) \_\_\_\_\_ things to bear in mind. Setting a



specific goal can make all the difference, such as ‘I want to eat a piece of fruit every day’ or ‘I want to be able to run five miles by March’. “Set a goal that is (9) \_\_\_\_\_, but manageable. Don’t try and do everything,” says Joe Ferrari. “Take things on one at a time. Whatever goals you do tackle, be sure to monitor your progress.” So if your resolution is to eat more fruit, take notes about it every day. If it’s to get fit, set goals for each week. Sometimes, just the act of writing (10) \_\_\_\_\_ everything you do can make you change your behavior.

Whatever your New Year’s goals, give yourself some time to make them a reality. More time than you may have planned, actually. While most people believe that new habits can (11) \_\_\_\_\_ formed in 21 days, new research suggests we need a longer time frame. One recent study found it took participants an average of 66 days to do something different – and stick with it. The good news? If you take this advice, you’ll at least be successful until March.

0	others	6	
1		7	
2		8	
3		9	
4		10	
5		11	

**Key:**

1 months, 2 food/meals, 3 more, 4 them,  
5 a/another, 6 what, 7 advice, 8 few, 9 challenging,  
10 down, 11 be