

New Years Resolutions

A: What's your New Year's resolution?
B: I'm going to exercise more and eat healthy.
A: Really? Did you join a gym last year?
B: Yeah. I joined one in January.
A: Really? Do you still go there?
B: No. I'm always busy at work.
A: If you really want to get in shape, you should make a schedule.
B: That's a good idea. What's your resolution?
A: Well I want to get a promotion. So I'm going to talk to my boss after the winter holiday.
B: That sounds great. Good luck!



... exercise more!

If you want to	get in shape,	you should	make a schedule.
	save money,		stop buying snacks.
	lose weight,		start exercising.
	get a promotion,		talk to your boss.
	reach your goals,		write them down.



... eat fewer snacks!

A: Did you made your New Year's resolution yet?
B: Well, I never make New Year's resolutions.
A: Really? Why not?
B: I don't want to wait until New Years. I can do it right now.
A: That's good but I like planning ahead.
B: Yeah. Planning ahead is a really good thing to do. So what's your plan for next year?
A: I want to lose some weight and save more money.
B: Did you write it down?
A: My plan? No. Why?
B: If you really want to reach your goal, you should write it down.
A: That's a good idea.

New Years Resolutions

A: What's your New Year's resolution?
B: I'm definitely going to get more exercise and eat better.
A: Really? Wasn't that your resolution last year?
B: Yeah. And I did pretty good. I joined a gym in January.
A: Really? Do you still go there a lot?
B: No. I've been busy at work. So I haven't gone for a while.
A: That sounds a little like an excuse. If you really wanted to go, you would schedule the time.
B: Yeah. I know. I just don't like going that much. What about you? What's your resolution?
A: Well I want to get a promotion at work. So I'm going to talk to my boss after the winter holiday.
B: That sound great. Good luck!



... get more exercise!

If you wanted to	go to the gym	you would	schedule time.
	save money		stop buying snacks.
	lose weight		start exercising.
	get a promotion		talk to your boss.
	reach your goals		write them down.



... eat fewer snacks!

A: Have you made your New Year's resolution yet?
B: Actually I never make New Year's resolutions.
A: Really? Why not?
B: I don't think I need to wait till New Years. I can do it right now.
A: That's a good attitude. I like making resolutions. Thinking about my goals helps me plan ahead.
B: That's true. Planning ahead is a really good thing to do. So what's your plan for next year?
A: I'd like to lose some weight and maybe save more money.
B: Did you write it down?
A: My plan? No. Why would I do that?
B: I think if you really wanted to reach your goals you would write them down.
A: That's not a bad idea.

About the worksheet

Be careful when printing. These two pages are NOT the same. The first one is a little easier than the second. In the first conversation we talk about the future by giving advice:

	get in shape,		make a schedule.
	save money,		stop buying snacks.
If you want to	lose weight,	you should	start exercising.
	get a promotion,		talk to your boss.
	reach your goals,		write them down.

This is a little easier to teach than the pattern below because you can totally cut out the if clause and just have advice statements on their own.

The second pattern is a little harder. It sounds a bit like you don't believe the other person is serious. He wants to get in shape but he's not REALLY going to exercise. He wants to save money but he's not REALLY going to stop buying snacks. Here we are talking about the present.

	go to the gym		schedule time.
	save money		stop buying snacks.
If you wanted to	lose weight	you would	start exercising.
	get a promotion		talk to your boss.
	reach your goals		write them down.

IF your students can handle it you might want to contrast the two. But there's no need to overwhelm anyone with too much information all at once.

Using the worksheet in class

Give students the topic of habits (good or bad) and see what they can do.

Read one of the conversations for listening practice with some follow up questions.

Drill patterns from the conversation that are relevant.

Talk about New Year's resolutions explicitly but let the students change the topic if they want.

Like what you see? Notice a typo or have some feedback? Get in touch.

myenglishimages.com

myenglishimages@gmail.com