

**Global View - New Years Resolution** (C0175)

A: Did you read this? It says that the number one new years resolution make is to spend more time with friends and family.

B: Why would that be funny?

A: Well, think about it. We are a society that is always on the go, not because we have to, but because we want to.

B: Why?

A: We work hard and spend less time at home because we are trying to provide for our family with goods and services that are usually unnecessary.

B: I don't agree, but anyways, I think you should start thinking of a new year's resolution yourself.

A: What's the point? We always make a new year's resolution and by February we will have forgotten about it. It's pointless.

B: Well then maybe you should resolve to sticking to your goals and objectives.

A: What about you? Your gym bag is gathering dust and you still have brand new running shoes that are yet to be jogged in.

B: Well, I would go if you kept your promise of going to the gym with me everyday!

A: Yeah yeah whatever.

### Key Vocabulary

new year's resolu- tion	<i>phrase</i>	new year's decision or plan
on the go	<i>phrase</i>	very busy and active
point	<i>common noun, singular</i>	idea you try to make people understand
resolve	<i>principle verb, in- finitive</i>	bring to an end
brand new	<i>Adjective</i>	completely new

### Supplementary Vocabulary

to make a com- mitment	<i>phrase</i>	to make a pledge to do something
clean slate	<i>phrase</i>	a new start by clearing the record
to imple- ment	<i>verb</i>	to put into effect by means of a definite plan
to reform	<i>verb</i>	to change for the better
lifestyle change	<i>phrase</i>	a change in the way a person lives