

**Task: Write a paragraph about your New Year's resolution plans**

### **My Expectations from the New Year**

New Year's resolution is a kind of promise to do better things, also stop bad habits at the beginning of the year. It is known that some cultures, especially Western cultures, celebrate it. **From my point of view,** *it is a very beneficial tradition and people in my country can also benefit from this.* **Moreover,** this tradition can help people accomplish their personal goals. In the new year, my main goal is **to stop smoking for better health.** Smoking is not good for my body, so I want to breathe cleaner air and be healthier overall. **Furthermore,** by quitting smoking, one can increase his/her life expectancy. **Another goal is** **to do exercise regularly.** Exercise helps me keep fit, **also** makes my mind feel better, and lowers stress. By being more active, I want to be happier and have a better life. **In summary,** **as I have said above,** for the upcoming year, I aim to quit smoking and exercise regularly to be healthier and feel better.