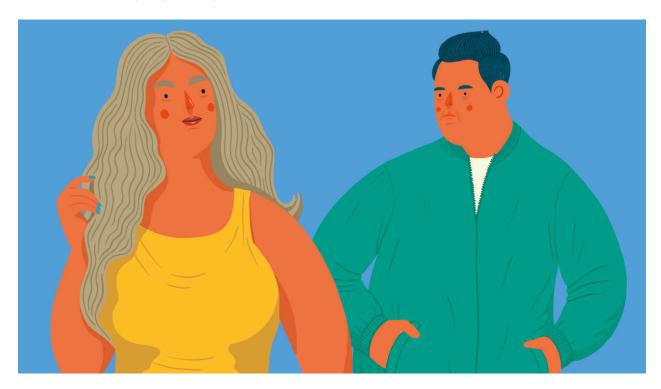
## Everyday Dialogues: New Year's Resolutions [B2]

Una veloce guida alla conversazione con frasi e vocaboli di uso quotidiano. Questo mese: propositi per un nuovo anno!



Thomas: Happy New Year! Emily: Happy New Year to you, too! Shall we go for a drink or a bite to eat? Thomas: Let's go for a coffee and a sandwich. I'm giving up alcohol for a while. Emily: Oh, new year's resolution, is it?

Thomas: Yes, exactly. I'm laying off the booze and taking up running. Got to get in shape. Emily: Well done, you! I'm giving up smoking myself.

Thomas: Hey, that's great! I was wondering why you hadn't nipped outside yet. Emily: Yes, well, it's not easy. I'm having quite a hard time of it, actually.

Thomas: I'm sure. It's one of the hardest things I've done myself, but I feel all the better for it — especially when I run. Emily: Yes, maybe I should join you!

Thomas: That'd be great! It's really boring by myself. I go before breakfast around 6am. Emily: Ugh, perhaps not then. I hate early mornings...

## **NOW LET'S REVIEW THE VOCABULARY!**

A bite to eat is an <u>idiom</u> referring to a snack or a small <u>meal</u>. The phrasal verb to give up in this context means to stop doing something, usually a bad habit like smoking or drinking. Other verbs used include 'to quit' or 'to stop'. Making new year's resolutions is a tradition of <u>setting</u> personal <u>goals</u> for the year ahead. Lay off the booze is a colloquial phrase for giving up alcohol. You can also say 'lay off the bottle'. To take something up means to start a new habit, like running or painting. To get in shape means to get <u>fit</u>, usually through exercise or a healthy diet. To nip is an informal way of saying 'to go quickly'. When you have difficulty doing something, you have a hard time of it. When you feel (all) the better for something, you experience an <u>improvement</u> as a result of it, in this case, quitting smoking. By myself means 'alone'.

## **Glossary**

- for a while = per un po'
- wondering = domandarsi
- meal = pasto
- **setting** = segnarsi, marcare
- goals = obiettivi
- Shall we = ti va di...?
- Well done, you = complimenti, bravo
- actually = in realtà
- join = unirsi
- early mornings = svegliarsi presto
- idiom = espressione
- **fit** = in forma
- improvement = miglioramenti