

E: And eating habits.

M: And eating habits. Ah, and now we can listen to our dialogue a second time and this time like always it's gonna be slow.

DIALOGUE, SECOND TIME (slow)

E: There's a lot of great language in this dialogue, isn't there?

M: Yeah, a lot of great language that we can take a look at with our "fluency builder".

Voice: Fluency builder.

E: The first phrase we have for you is...

M: Stick to it.

E: Stick to it.

M: Stick to it.

E: Yes, we've got some examples of how this phrase is used, so, let's listen.

Voice: Example one.

A: Quitting smoking is so hard.

B: Stick to it! It's good for you!

Voice: Example two.

C: I can't solve this math problem!

D: Stick to it! I'm sure you'll get it!

M: So, stick to it, right?

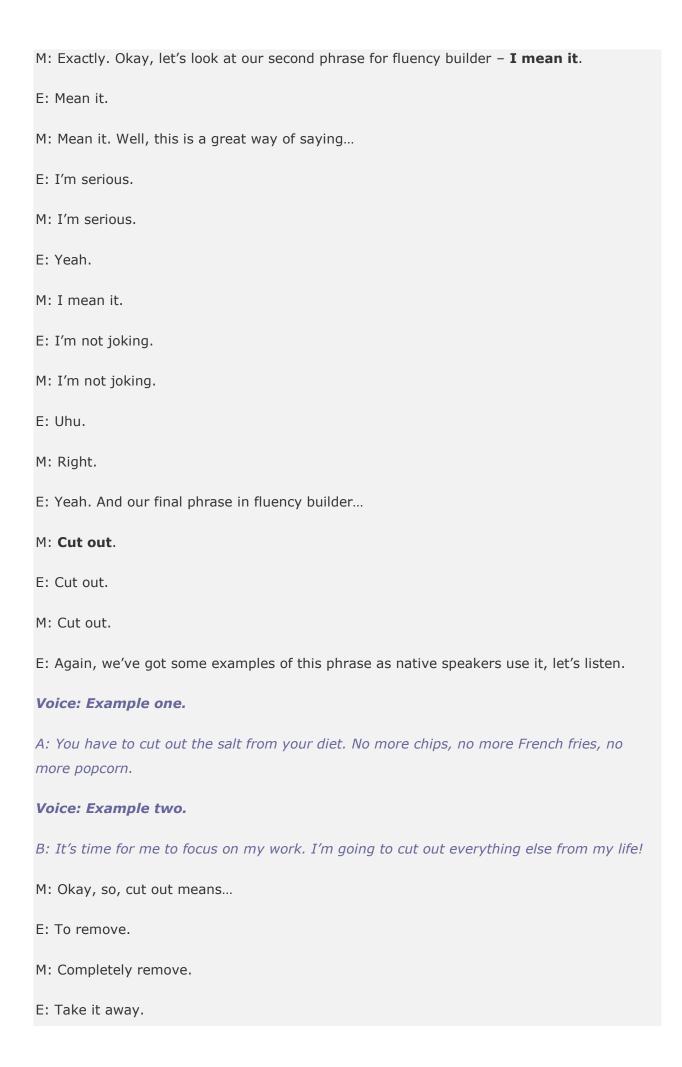
E: Basically means keep doing it.

M: Right. Even though English learning can be hard...

E: You should stick to it.

M: Stick to it.

E: Yeah.



M: Take it away. E: Yeah. M: Okay, some great language, some great phrases in our dialogue today. So, why don't we listen to it a third time? And we'll come back in a little bit. **DIALOGUE, THIRD TIME** M: Okay, so, New Year's resolutions are really common and popular thing in North America. E: It's tradition to make a promise to yourself on New Year's and stick to it throughout the whole year. M: Right, but the funny thing is that very few people actually stick to their New Year's resolution. E: That's true. M: The most common ones are I'm gonna **quit smoking**. E: Yeah. M: That never happens. E: No. M: I'm gonna go on a diet. E: Like this guy. M: Hehe. I'm gonna quit drinking. E: Aha. M: That almost never happens either. On New Year's Eve you're still drinking. E: I mean it's... it's a bad time, oh, come on! M: Hehe. And another really common one is I'm going to **join a gym**. E: That's why gym membership sales are so high in January. M: Right, everyone joins a gym in January, but by... E: Come February...

M: Yeah, and very few people in a gym.

E: Yeah, so, Marco, do you have a New Year's rev... resolution for this year?

M: Yes, I have a New Year's resolution and I resolve to continue bringing everyone some great lessons.

E: Oh, that's... that's so good.

M: And I think I can stick to that one.

E: Yes, well, I... I do hope that you do stick to that one, Marco.

M: We will, we will, but today we're out of time. So, please go to our website and leave all your questions and comments...

E: At englishpod.com.

M: And, uh, we'll see you there, but until then it's...

E: Good bye!

M: Bye!