2025 New Year Resolution 学案

Practice 1：

New Year’s resolutions(决心) usually are like some of those promises that are meant to be broken. The word “New” in the new year, puts a lot of pressure on starting over and turning a new leaf. But you must remember you cannot just become a different person overnight when the clock strikes 12. 1 . Instead of making resolutions that cause you stress, anxiety or more pain, set out this year by. Making resolutions that will encourage self-care.

To start fresh this New Year’s Day, here are a few tips setting realistic new years’ resolutions in order to avoid the burden of disappointment next year.

**Choose a very specific goal**

Unclear plans like “lose weight” “exercise more” or “write more” are goals with no teeth.

They are unclear plans and desires, and are very easy to explain away due to how unclear they are. 2 . Such goals with a certain task, are much more doable than unclear goals.

3

Once you have chosen your goals, make a very detailed plan of how you will reach that goal. Having a plan and a pathway can help you imagine your progress and won’t make you impatient for immediate results. That way you will have already imagined what progress would look like for you in say, 3 months, 5 months, 7 months or every day depending on your goals.

**Get yourself a social group**

In today’s social media world, it is easy to find a group of like-minded individuals interested in sharing your goal. Get yourself a social group like this. However, just as there is this bright side to having a social group, the problem is the pressure. Don’t get consumed by social media and what others are doing. 4

**Accept failure and forgive yourself.**

5 . Accept this failure; own it and forgive yourself. Being hard on yourself will only do you more harm, so instead learn from, what went wrong and instead of quitting the resolution at the end of next year, see it through until you reach your goal.

A．Make a plan to reach that goal

B．Be patient with your progress

C．Instead, set goals like “exercise 20 minutes every day“ or “lose 15 pounds”

D．Despite all your efforts, it is possible that you might fail or make a mistake.

E．Therefore, new year’s resolutions usually end up in failure

F．Change is a difficult process-the key words being “difficult“ and “process”

G．Remember you have this group only for support, not for comparison

Practice 2：

Lexi Reed weighed 485 pounds at the age of 25—a weight that was quite 6 . Danny was overweight himself even though he came in at 280 pounds. But, the 7 part of everything was that the couple were both gaining more weight on what they already had with each passing day. Some of the daily activities, no matter how simple, became a real 8 for the couple. However, after celebrating their first 9 in 2016, they decided to make a positive change in their life.

The couple was making many plans to 10 in the new year 2016 like many other people around the world. They made a New Year’s resolution. But, it was not 11 to many that were made, as they decided to 12 a challenge that would change their lives forever--and for good! So many people make promises to themselves and others that they don’t really 13 , but the Reeds were not about to act like the others. Theirs were bound to come to 14 .

It was completely unknown to the couple that people were actually 15 them online when they started their journey. Their 16 attracted lots of attention, and people cheered them on. Lexi kept her friends and family 17 with her progress through Instagram. But they were yet to receive a major 18 of their lives: They were 19 in a popular issue of People Magazine known as “Half Their Size”. Before long, the couple’s story had become a real 20 .

6．A．unforgivable B．unbelievable C．unachievable D．uncomfortable

7．A．vital B．strange C．miserable D．miracle

8．A．issue B．concern C．debate D．possibility

9．A．birthday B．valentine C．Christmas D．anniversary

10．A．work B．run C．ring D．surge.

11．A．equal B．similar C．familiar D．inferior

12．A．take on B．take out C．take off D．take in

13．A．put out B．break out C．spread out D．carry out

14．A．fame B．formation C．top D．reality

15．A．doubting B．recording C．following D．serving

16．A．success B．mission C．enterprise D．innovation

17．A．updated B．inspired C．moved D．connected

18．A．achievement B．commitment C．surprise D．boost

19．A．praised B．featured C．documented D．memorized

20．A．hit B．incident C．gossip D．legend

**Practice 3**

假定你是李华，新的一年到了，你的英国好友Jim来信说他去年的新年计划未能落实，感到苦恼，向你询问按时实施计划的方法。请你给Jim回信，内容包括：

1. 表示理解；

2. 你的建议。

注意：

1. 写作词数应为80左右；

2. 请按如下格式在答题卡的相应位置作答。

3. 参考词汇：新年计划 New Year resolution

Dear Jim,

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Yours,

Li Hua

答案 七选五 1.F 2．C 3．A 4．G 5．D

完型填空：

6.B 7．C 8．A 9．D 10．C 11．B 12．A 13．D 14．D 15．C 16．C 17．A 18．C 19．B 20．A

25．Dear Jim,

I understand how you feel about not being able to fulfill your New Year resolution last year. It's a common struggle that many of us face. Here are a few suggestions that might help you stay on track this year.

Breaking down your goals into smaller, manageable tasks can make them seem less daunting and easier to achieve. Additionally, setting realistic deadlines for each task will give you a sense of urgency and help you stay focused. Lastly, celebrating small victories along the way is important to keep your morale high.

I hope these tips will help you make this year's resolution a success. Remember, it's never too late to start working towards your goals.

Best wishes, Li Hua