New Year's Resolutions:
A Fresh Start or a False Promise?

B2

1 Warm-up

Read the statements. Choose ONE you agree with most and ONE you disagree with most. Explain.

1. Big changes need a special moment to begin.

2. People often confuse wanting results with wanting real change.

3. Social pressure is more powerful than personal motivation.

4. Setting goals publicly helps people stay motivated.

5. Real change needs a public decision.

Useful phrases:

I see the point, but...

I completely disagree.

I strongly agree that...

2 Pre-listening

Read the ideas. Mark ✓ ✗ the ones that you think the speaker will question or challenge. How could the speaker question them in the context of resolutions?

- ☐ The idea of a "fresh start"
- ☐ People's ability to change
- ☐ The crucial role of social media
- ☐ Public promises
- ☐ The importance of habits

3 Listening

Listen to the recording and answer the questions.

1. What usually influences people's decisions to make New Year's resolutions, according to the speaker?

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2. What does the speaker mean by saying that people want "the result, not the process"?

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3. According to the speaker, when do the most effective changes usually begin?

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4 Post-listening

Complete the sentences with the correct expression.

A.something feels right **B**. in the first place **C**. a clean page **D**. do the work for someone **E**. a public promise

1. Many people see January as ___ , but real change doesn't always start then.
2. Some people make resolutions without knowing why they want to change ___ .
3. A resolution doesn't have to be ___ to be effective.
4. Real change often begins when ___ and a person is ready to act.
5. One date in the calendar cannot ___ — change takes effort.

5 Extra

Answer the questions and give examples / explain.

1. Do people really need a clean page to change something?

2. Is making a public promise helpful?

3. Have you ever started a change because it felt right?

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6 Writing 

Napisz wypowiedź na jeden z poniższych tematów. Wypowiedź powinna zawierać od 200 do 250 wyrazów i spełniać wszystkie wymogi typowe dla formy wskazanej w poleceniu. Zakreśl numer wybranego przez siebie tematu.

1. Postanowienia noworoczne są często przedstawiane jako najlepszy sposób na wprowadzenie zmian w życiu. Coraz więcej osób uważa jednak, że są one wynikiem presji społecznej, a nie prawdziwej potrzeby zmiany. Napisz **rozprawkę**, w której rozważysz, czy postanowienia noworoczne rzeczywiście pomagają ludziom zmieniać swoje życie. W swojej wypowiedzi uwzględnij argumenty za i przeciw oraz sformułuj własny wniosek.

2. Wiele szkół i mediów zachęca młodych ludzi do stawiania sobie ambitnych celów na nowy rok. Jednocześnie coraz częściej mówi się o presji, porównywaniu się z innymi i braku motywacji. Napisz **artykuł**, w którym opiszesz problem postanowień noworocznych wśród młodych ludzi oraz zaproponujesz alternatywny sposób wprowadzania zmian w życiu, bez presji związanej z początkiem roku.

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Klucz odpowiedzi

1. Odpowiedź własna ucznia
2. Odpowiedź własna ucznia
3. 1. "We decide to change because it's January, because everyone else is doing it, or because social media reminds us of everything we're not." 2. "They want to be fitter, calmer, more productive — without changing the habits that created the problem in the first place." 3. "They start when something stops feeling right — and when a person is ready to take responsibility for it."
4. 1. C 2. B 3. E 4. A 5. D
5. Odpowiedź własna ucznia
6. Odpowiedź własna ucznia

Zapis nagrania

Every January, we talk about New Year's resolutions as if they were a fresh start. A clean page. A chance to finally become a better version of ourselves. But I'm not sure that's how real change actually works.
Most resolutions don't fail because people are lazy or weak. They fail because they are based on pressure, not purpose. We decide to change because it's January, because everyone else is doing it, or because social media reminds us of everything we're not.
The strange thing is that many people don't even really want the goals they set. They want the result, not the process. They want to be fitter, calmer, more productive — without changing the habits that created the problem in the first place.
In my experience, the most effective changes are often quiet and almost invisible. They don't start on the first of January, and they don't need a public promise. They start when something stops feeling right — and when a person is ready to take responsibility for it.
So maybe the real question isn't whether New Year's resolutions work or not. Maybe the question is why we keep expecting one date in the calendar to do the work for us.

Kod QR do nagrania