

**HAPPY  
NEW YEAR**





What are the origins of New Year's resolutions?

- The ancient Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay their debts.
- • The Romans began each year by making promises to the god Janus, for whom the month of January is named.
- • In the Medieval era, the knights took the “peacock vow” at the end of the Christmas season each year to re-affirm their commitment to chivalry.
- • At watch-night services, many Christians prepare for the year ahead by praying and making these resolutions.



What are the  
top New  
Year's  
resolutions?

- Lose weight / get fit
- Quit smoking
- Learn something new
- Eat healthier / diet
- Get out of debt / save money
- Spend more time with your family
- Travel to new places
- Be less stressed
- Do volunteer work
- Drink less
- ( put these ideas in order of difficulty)



- **Do you think it's a good idea to make resolutions?**
- **Some people are against making New Year's resolutions. Why might this be?**
- **What percentage of people who make a resolution keep it? Or, alternatively, what percentage of people fail to keep it?**

- A 2007 study by Richard Wiseman from the University of Bristol involving 3,000 people showed that 88% of those who set New Year resolutions fail, despite the fact that 52% of the study's participants were confident of success at the beginning.
- Men achieved their goal 22% more often when they engaged in goal setting, (a system where small measurable goals are being set; such as, a pound a week, instead of saying "lose weight").
- Women succeeded 10% more when they made their goals public and got support from their friends.

New Year's Resolutions

~~for 2009~~ ~~2011~~ 20

~~more~~

Lose weight again

Get fit next year

~~and cigarette~~

~~Give up alcohol~~

find job

Stand up

## Famous New Year's resolutions quotes

Every New Year brings a chance to mark the passage of time, reflect on the past, and embrace the future. Some of us celebrate the occasion by partying into the wee hours of the morning; others struggle to stay awake to watch the clock hands move past twelve. We make resolutions, only to break them; we promise to do better, try harder, be better, but oftentimes fall short as life gets in the way. The humorous quotes below, though, will help you start the New Year smiling.

Mark Twain

"New Year's is a harmless annual institution, of no particular use to anybody save as a scapegoat for promiscuous drunks, and friendly calls and humbug resolutions."

Brooks Atkinson

"Drop the last year into the silent limbo of the past. Let it go, for it was imperfect, and thank God that it can go."

Bill Vaughan

"Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to."

"An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves."

P. J. O'Rourke