

NEW YEAR, NEW HABITS?

CAMBRIDGE B1 (PRELIMINARY)
WORKSHEET



Habit Builder Game

In pairs or small groups

You have to choose 1 habit you want to improve (real or imaginary)

Your habit: _____

Roll a die or choose a number

1. When will you do it?
2. Where will you do it?
3. How often will you do it?
4. What might stop you?
5. How can you make it easier?
6. Who can help you?

Task 1: Habits & Routines

Complete the sentences using the words in the box.

Word bank:

usually • at • after • before • in

1. I usually feel more motivated ____ January.
2. I study English ____ night.
3. Many people make plans ____ the New Year starts.
4. I exercise ____ school or work.
5. People ____ stop going to the gym after a few weeks

(Grammar Warm-Up)

Pair check:

Compare answers. Are they true for you?



Task 2: Prediction Discussion

Discuss with a partner:

1. Do you make New Year's resolutions? Why / why not?
2. Which habits are easiest to start in January?
3. Which habits are hardest to keep?

Prediction:

You are going to read a text about January habits.

What do you think the writer will say about:

- motivation?
- routines?
- failure?

Reading Part 4 — Choose the Correct Sentence



New Year, New Habits?

Every January, gyms become full, notebooks stay empty for only a few days, and people promise themselves that *this* year will be different. The start of a new year often feels like a fresh beginning, full of opportunity and motivation. (1)____

Psychologists call this feeling the “fresh start effect.” When we believe we are starting something new, we feel more confident and optimistic about change. (2)____ Many people choose this time to begin learning a language, eating better, or exercising more.

However, studies show that most New Year’s resolutions fail by the end of February. People often try to change too many things at once or expect results too quickly. When progress is slow, motivation disappears. (3)____

One reason habits fail is that people focus on big goals instead of small routines. (4)____ For example, deciding to “get fit” is less effective than deciding to walk for 20 minutes every day after work.

Another problem is that people depend too much on motivation. Motivation changes from day to day, but habits depend on repetition. (5)____ Creating simple routines and realistic plans makes success much more likely.

So, is January really the best time to change your life? The answer may be yes — but only if you focus on small steps, not perfect results.

Sentences A-F

- A. This makes January an attractive time to start new habits.
- B. As a result, they feel disappointed and give up completely.
- C. Instead, successful people focus on actions they can repeat every day.
- D. Many people feel that the past year is finished and mistakes can be forgotten.
- E. Without a clear plan, even strong motivation does not last.
- F. In fact, motivation alone is rarely enough to create long-term change.

One sentence does NOT fit

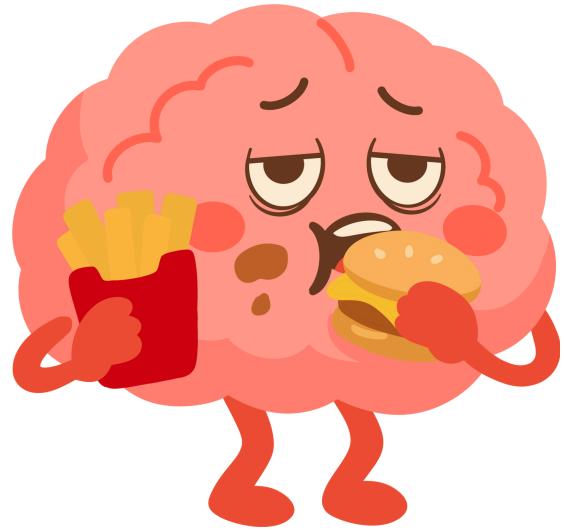


Post-Reading: Understanding & Speaking Why Do New Year's Resolutions Often Fail?

Answer in your own words:

Why do many people stop following their resolutions?

What does the writer say is more important than motivation?

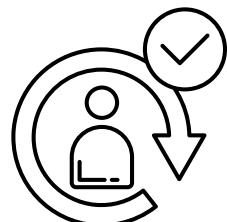


Find Someone Who...

Walk around the classroom and find one person who



Question:



Name:

...is starting a new habit in January

Are you starting a new habit in January?

... has stopped a habit after a few weeks

Have you _____?

prefers routines to motivation

thinks January is overrated.

is going to plan their habits month by month.

Now share your results! What resolutions have people in your class made? What habits would you like to change?

Writing Task



Task: Write a short article (120–150 words)

Title: *One Habit I Want to Keep This Year*

Paragraph 1:

- Introduce the habit
- Say why you chose it

Paragraph 2:

- Explain how you plan to keep it
- Mention problems you might have

Paragraph 3:

- Say whether January is a good time for change
- Give advice to other students

Now share your article with another student in the class to get feedback!

Reader's name: _____

What I liked about the article:

What you could improve:

Teacher Answer Key

Task 1: Habits & Routines

1. I usually feel more motivated **in** January.
2. I study English **in** night.
3. Many people make plans **before** the New Year starts.
4. I exercise **after** school or work.
5. People **usually** stop going to the gym after a few weeks

Reading Part 4:

1. **D**
2. **A**
3. **B**
4. **C**
5. **F**

Extra sentence: **E**

Walk around the classroom and find one person who	Question:
...is starting a new habit in January	<i>Are you starting a new habit in January?</i>
... has stopped a habit after a few weeks	<i>Have you stopped a habit after a few weeks?</i>
prefers routines to motivation	<i>Do you prefer routines to motivation?</i>
thinks January is overrated.	<i>Do you think January is overrated?</i>
is going to plan their habits month by month.	<i>Are you going to plan your habits month by month?</i>

Writing Task -Sample Answer

One Habit I Want to Keep This Year

This year, I want to keep the habit of doing more exercise. I chose this habit because I often feel tired, and I know that being active can help me feel healthier and happier. I also spend a lot of time sitting and using my phone, so I want to change that.

To keep this habit, I plan to exercise three times a week. I will go for a walk after school or do short workouts at home. One problem might be feeling lazy or not having enough time, especially when I have homework.

I think January is a good time to start a new habit because it feels like a fresh beginning. My advice to other students is to start small and choose a habit they really enjoy