



Achieve your New Year's Resolutions!

Here are ten tips to help you achieve your resolutions...

1. **Make only one resolution** – Many people make the mistake of trying to achieve too much. The chances of success are greater when people channel their energy into changing just one aspect of their behaviour at a time.

2. _____ – Don't wait until New Year's Eve to think about your resolution. Last minute decisions tend to be based on what is on your mind at that time. Instead, take some time out a few days before and reflect upon what you really want to achieve.

3. **Avoid previous resolutions** – Deciding to re-visit a past resolution sets you up for frustration and disappointment. Choose something new, or approach an old problem in a new way. For example, instead of trying to lose 2 stone in weight, try exercising more.

4. **Be specific** – Reports say you should think through what you do where you are going to do it and at what time. Vague plans fail. For example, instead of saying that you will go running once a week, tell yourself that you will run on Tuesdays at 6 o'clock.

5. **Set S.M.A.R.T goals** – That means goals that are Specific, Measurable, Achievable, Realistic and Time based (SMART). Take my sister Jan. She says, "My goal is getting a job," when it would be better to focus on creating bite-sized, measurable goals for each week, such as rewriting your CV and applying for one job per week.

6. **Carrot not stick** – Focus on how much better life will be for you and yours when you achieve your resolution. For example, if you want to quit smoking, make a list of the benefits of giving up, and place it somewhere prominent in your house.

7. **Go public** – Many people's New Year's resolutions are private. But this makes it all too easy to forget about them! Instead, go public. For example, write down your resolution on a large sheet of paper and place it somewhere prominent.

8. **Be persistent** – New habits take time to learn, and once in a while you will slip up and revert to the old you. Remember that everyone messes up from time to time. Don't blame yourself.

9. **Visualise** – Visualise yourself doing whatever it takes to achieve your resolution as this will help you believe you can do it.

10. **Be positive** – It is better to focus on the good things about a healthier lifestyle than the bad things about an unhealthy one.

Line 1

Line 2
Line 3
Line 4
Line 5

Line 6
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Line 9

Line 10
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Line 31
Line 32
Line 33

Line 34
Line 35

Line 36
Line 37



Adult Literacy reading test style questions:

1. There is a spelling mistake on:

- A Line 1
- B Line 3
- C Line 5
- D Line 19

2. What **punctuation** is missing on Line 14:

- A Full-stop
- B Apostrophe
- C Comma
- D Speech marks

3. The phrase **Carrot not stick** on Line 23 means:

- A Think about your health.
- B If you try hard enough you can achieve your goals.
- C Be strict with yourself and don't give in to temptation.
- D Reward yourself for doing well instead of punishing yourself if you fail.

4. There is a **grammatical** error on:

- A Line 4
- B Line 11
- C Line 20
- D Line 31

5. The **main purpose** of this text is to:

- A Describe and inform the reader about New Year's resolutions.
- B Persuade the reader to make some good resolutions.
- C Advise the reader on the best resolutions to make.
- D Instruct the reader on how to keep resolutions.

6. The **tone** of this text could **best** be described as:

- A Formal
- B Judgemental
- C Encouraging
- D Humorous



7. The text states that:
- A You should never make a resolution to lose weight.
 - B If you fail to keep your resolution you should abandon it.
 - C You should imagine what it will be like to achieve your goal.
 - D You should not be too precise when making your resolutions.
8. The **most likely** subtitle to put into the gap on **line 6** is:
- A Keep your options open
 - B Plan ahead
 - C Stick to your guns
 - D You can do it!
9. An **apostrophe** is missing on:
- A Line 1
 - B Line 18
 - C Line 24
 - D Line 27
10. The two sentences beginning on line 32 (Remember that everyone messes up from time to time. Don't blame yourself) **could best** be joined with the word:
- A and
 - B so
 - C because
 - D whereas
11. The text is **most likely** to come from:
- A A newspaper article
 - B A college textbook
 - C A technical manual
 - D A formal report
12. Which of these pieces of advice is **not** in the text?
- A Try to break your resolutions down into step-by-step stages.
 - B Tell people about what you resolve to do.
 - C It's better to make a solitary resolution than a whole range of goals.
 - D Try to picture what will happen if you don't achieve your goals.



Now complete these exercises:

READING

- 1 **Summarise** the text in one paragraph, trying to include the main advice from the author on how to keep your New Year's resolutions.
- 2 Describe the **main purpose** of the text. Identify the features that make you think this.
- 3 How do you think the author has made the text **easy to follow** and **interesting**?

WRITING

- 4 Write a **short article** for your college magazine about your New Year's resolutions. Take into account the advice from the text and make your writing inspiring for other students!

You will be assessed on:

- presenting information and ideas clearly, logically and persuasively
- using a suitable writing style for the purpose of the task
- using a range of sentence structures, including complex sentences and paragraphs to organise your writing effectively
- accurate spelling and grammar
- correct use of punctuation including commas, apostrophes and inverted commas (where applicable)



Answers

Q1 – B line 3 (to/too)

Q2 – D speech marks (“think through what you do where you are going to do it and at what time”)

Q3 – D Reward yourself for doing well instead of punishing yourself if you fail.

Q4 – C line 20 (She say/ She says)

Q5 – D Instruct the reader on how to keep resolutions.

Q6 – C Encouraging

Q7 – C You should imagine what it will be like to achieve your goal.

Q8 – B Plan ahead

Q9 – D Line 27 (peoples/people’s)

Q10 – B so (Remember that everyone messes up from time to time so don’t blame yourself.)

Q11 – A A newspaper article

Q12 – D Try to picture what will happen if you don’t achieve your goals.