



New Year's Guided Discussion

For advanced ESL Adults



Vocabulary

Here's a list of words that are typically used to describe goals. Put them into two categories: high-reaching goals and low-reaching goals.

lofty

attainable

unattainable

realistic

ambitious

feasible

reasonable

Low goals	High goals

Warm up questions

Have you ever set yourself an ambitious or unrealistic New Year's resolution?

What advice would you give to someone who wants to set a New Year's resolution?

Do you think it's better to have one major resolution for the New Year, or many small ones? Why?

It's easy to set goals. However, what can be difficult about following through with goals?



What do you think of these New Year's resolutions? Which ones are realistic to achieve within the year?

1. Become a millionaire

2. Lose 50% of bodyweight

3. Learn how to knit

4. Learn a new language to fluency

5. Get up at 7am every day

6. Learn how to cook 1 new dish

7. Travel to a foreign country

8. Adopt a stray dog/cat

9. Quit fast food

10. Run a marathon

Vocabulary recap

Try making example sentences with our new vocabulary words.

daunting

feasible

reasonable

holistic

follow-through (with a goal)

set (yourself) up for failure

ambitious

attainable/ unattainable

lofty



Closing questions

Do you think people can ever really change their habits?

Do you think New Year's resolutions are a valuable tool in a person's life, or just a gimmick?

Why do you think people make New Year's resolutions?

What was the most important goal you ever made, and did you stick to it?

Has there ever been a time in your life where the New Year brought a big change in your life? What happened?