

# New Year



ブリッジふりと  
知育・学習・英会話



1. New Year's resolution
2. It will work.
3. percent
4. fail
5. succeed
6. actually
7. tempt to ~
8. keep the commitment
9. form a new habit
10. keep a journal
11. I study for at least 30 minutes.
12. I read at least 1 page of a book.
13. I watch at least 1 English YouTube video.
14. I talk to Richard only in English.
15. I do SNS for at most 10 minutes.
16. I set a timer for it.
17. I do 10 push-ups.
18. I do 5-minutes of sit ups.
19. I go jogging for 1 kilometer.
20. I don't snack.

1. What year is it?
2. Do you have any New Year's resolution?
3. Did you do or are you doing anything for it?
4. What percent of people actually try to do their resolution?
5. What percent of people can keep the commitment for more than 6 months?
6. How many days do people need to form a new habit?
7. How can you succeed in forming a new habit?
8. When are you tempted to fail when forming a new habit?
9. What do you do when you fail to form a new habit?
10. Some people keep a journal to form a new habit. Would you like to keep a journal?