

# **NEW YEAR'S RESOLUTIONS AND GOAL SETTING**

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# NEW YEAR'S RESOLUTIONS AND GOAL SETTING

A live class with  
ABA English



**WHAT DID WE LEARN LAST  
WEEK?**

## **REVIEW:** ESSENTIAL PHRASAL VERBS FOR WORK

- How to use phrasal verbs in real situations
- Meetings
- Talking on the phone
- Recruiting staff

# HOW TO FIND OUR LIVE CLASSES



# **NEW YEAR'S RESOLUTIONS AND GOAL SETTING**

## WHAT IS A NEW YEAR'S RESOLUTION?

A promise you make to yourself **to start** doing something **good or stop** a **bad** habit on the first day of the year!

## COMMON RESOLUTIONS

- Health
- Money
- Travel
- Hobbies
- Volunteering
- Quitting bad habits



## VOCABULARY

- To stick to (something)
- To kick off
- To stay on track
- Willpower
- Yearly/Annual

# EXPRESSIONS

- I plan to...
- My goal is to...
- I resolve to...
- My intention is to....

## FUTURE TENSES

- Future Simple
- WILL + infinitive

Example:

***I will start volunteering at a charity.***

# FUTURE TENSES

- Future “Going to”

Example:

***I’m going to quit smoking next year!***

## FUTURE TENSES

- Future perfect
- WILL HAVE + participle

Example:

*By next December, I **will have lost** 10 pounds.*

## FUTURE TENSES

- Future continuous
- WILL BE + ing

Example:

This time next month, **I'll be studying** English.

# OUR RESOLUTIONS – SUCCESS & FAILURE



## GOAL SETTING

Use an app:

- ABA English
- Noisili- stay focused with nature sounds
- Todoist – stay organized
- Mint – manage your money

\* See more on our blog!



## **NEW YEAR'S TRADITIONS**

- Countdown to midnight
- Black-eyed peas
- Grapes
- Fireworks
- Champagne
- Kiss at midnight

**LET'S PRACTICE TOGETHER!**

ANSWER IN THE COMMENTS BELOW

1. What is your New Year's resolution for 2018?

ANSWER IN THE COMMENTS BELOW

2. What are your New Year's Eve plans?

ANSWER IN THE COMMENTS BELOW

3. What's a New Year's tradition in your country?

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# ADDITIONAL RESOURCES

## ABA JOURNAL



Hundreds of practical articles to learn English for real life.

### Languages:

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**TIME TO ANSWER YOUR  
QUESTIONS!**

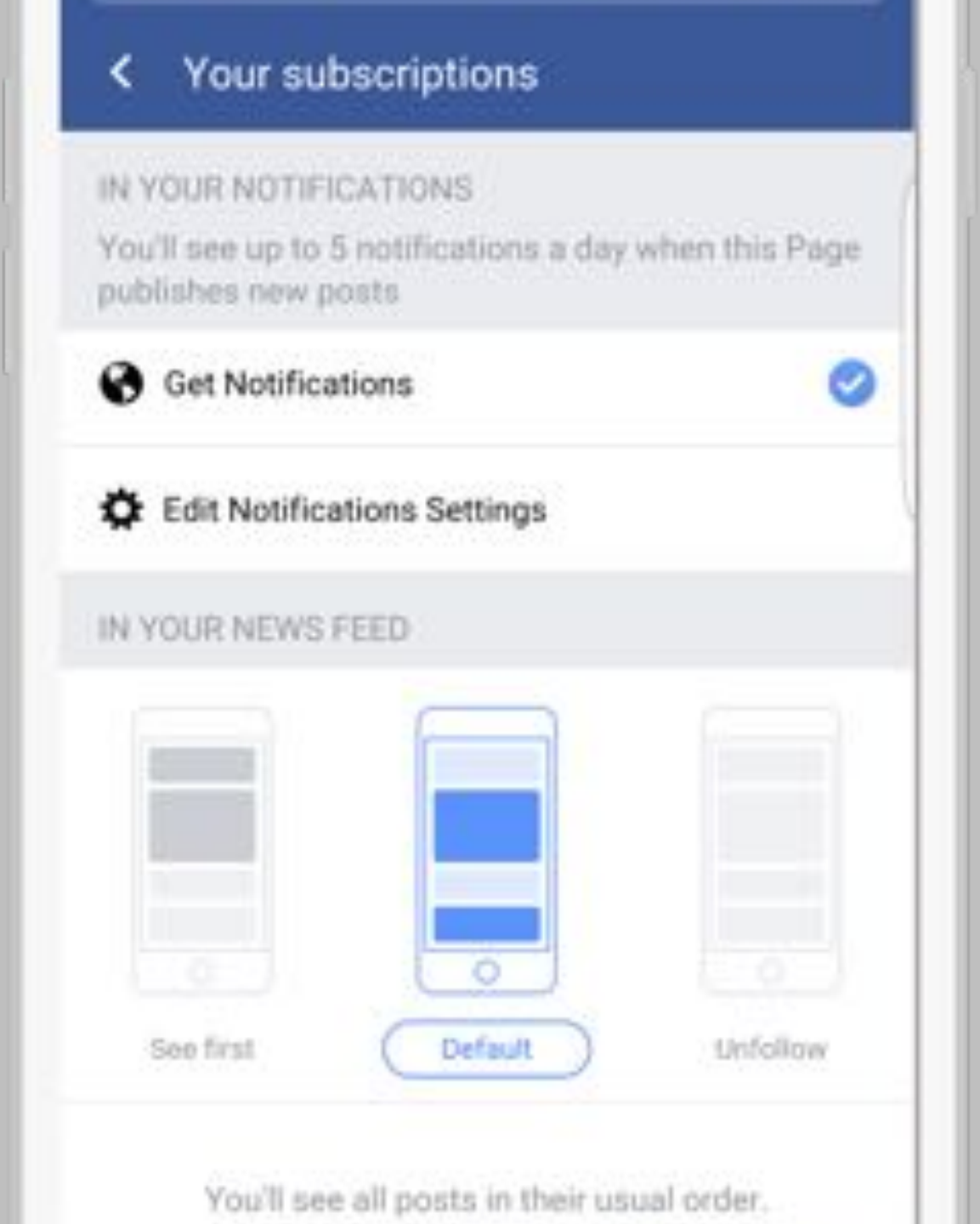
**SEE YOU IN 2018!**

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# TURN ON YOUR NOTIFICATIONS!

So you don't miss any of our English tips.



THANKS FOR PARTICIPATING!

See you next year!