

2021

What came to your mind when you saw the previous slide?

2021

**List 10 positive things
that happened to
you in 2021**

What was **the best**
thing that happened
to you in 2021?

What **new** things
did you try in 2021?

**What did you learn
in 2021?**

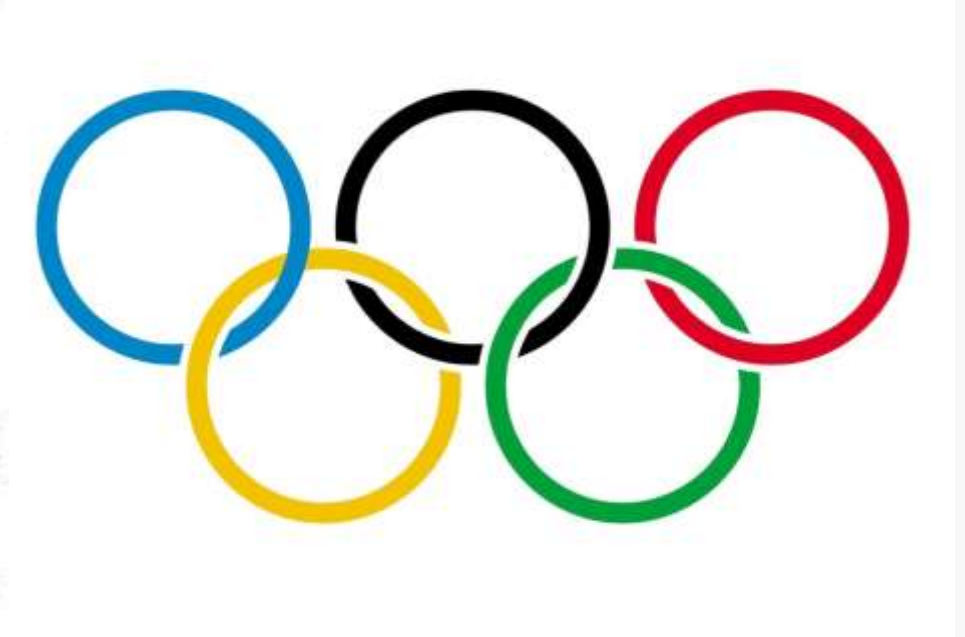
**Did you do anything
that you would like
to do again in 2022?**

Who helped you in
2021? **Who** was
important for you?

**What surprised you
in 2021?**

What happened in 2021? Give examples of events from Poland and other countries.

**The next slide shows some events that happened in 2021.
What can you say about them?**



What is a resolution?

Resolution

1. a formal proposal that is considered by an organization and is usually voted on at a meeting
2. the action of solving a problem or dealing with a disagreement in a satisfactory way
3. a serious decision to do something
4. the amount of detail that you can see on a television or computer screen, or in a photograph
5. the quality of being determined

(source: www.macmillandictionary.com)

**Why do people
make New Year's
Resolutions?**

**What are the most
common New Year's
Resolutions?**

These pictures present some common New Year's Resolutions. What are they?



**A lot of people don't
keep their New
Year's Resolutions?
Why?**

**Do you make New
Year's Resolutions?
Do you usually keep
them?**

2022



**Do you have any
New Year's
Resolutions for 2022?
What are they?**

Which would be a better New Year's Resolution for you?

- attend dance classes **or** language lessons
- lose weight **or** save money
- drink more water **or** eat less chocolate
- exercise more **or** sleep more
- spend less money **or** get organised

If you want to know how to follow through on your New Year's Resolutions, read the article :-)

<https://www.goskills.com/Soft-Skills/Resources/Top-10-new-years-resolutions>

**GOALS
& DREAMS**

What's the difference between a dream and a goal?

Dreams:

I will learn Italian

I will lose weight

I will find a good job

I will be rich

How can you change these dreams into goals?

Change dreams into aims

I will learn Italian →

I will pass a B1 certificate
I will be able to talk with
Italians on holiday

I will lose weight →

I will wear clothes size M

I will find a good job →

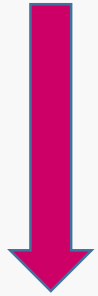
I will earn 5000zl a month

Why do some people avoid setting goals?

- some people resign before even trying
- fear of failure
- fear of success
- lack of knowledge
- people don't appreciate the importance of aims
- it takes too much time to pursue your aims
- fulfilling an aim requires a change

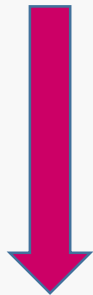
**What does it mean
that goals are
smart?**

S M A R T



specific

S M A R T



measurable

S M A R T



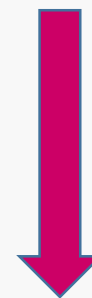
achievable

S M A **R T**



realistic

S M A R T



time-bound

**Why is writing down
your aims a good
idea?**

Writing down your goals will help you to:

- achieve your aims more quickly and efficiently
- stay motivated
- check what actions you need to undertake
- prioritise
- remember better the most important information
- control which aims you have already fulfilled

Set goals and small tasks to those dreams

I will learn Italian

I will lose weight

I will find a good job

I will be rich

**Summarise what
you have learnt
about setting goals.**

If you want to learn more about setting goals, watch one of the following films:

<https://www.youtube.com/watch?v=j5bh38f-UJU> (5' 26)

<https://www.youtube.com/watch?v=Wou610uw-7s> (8' 08)

https://www.youtube.com/watch?v=6hjP_7zYdlk (25' 51)

<https://www.youtube.com/watch?v=VmihXD4HMNI> (20' 35)

THANK YOU!

Enjoy English Katarzyna Wiącek