**E N G L I S H C O R N E R M E N U**

*Learning English Through Discussion*

**New Year’s Goals**

**HOT TOPICS**

At the beginning of a new year, we often think about what plans or goals we will have for the new year. This lesson we will discuss the year ahead and future dreams.

**QUESTIONS**

A resolution is a promise that you make to yourself. It is a tradition for people to make resolutions at the beginning of a new year. There are different kinds of resolutions.

Below is a list of the top 10 resolutions from America.

1. *Choose which ones you want to work on this year:*

1. [Spend More Time with Family & Friends](http://genealogy.about.com/od/family_connections/)

2. Exercising more

3. Healthy Eating

4. [Quit Smoking](http://quitsmoking.about.com/c/ec/1.htm)

5. [Enjoy Life More](http://healing.about.com/od/cocreate/ss/happieryousteps_8.htm)

6. [Quit Drinking](http://alcoholism.about.com/cs/support/a/aa092497.htm)

7. [Get Out of Debt](http://financialplan.about.com/cs/creditdebt/a/GetOutOfDebt.htm)

8. [Learn Something New](http://adulted.about.com/od/personaldevelopment/u/lifelonglearneruserpath.htm)

9. [Help Others](http://nonprofit.about.com/od/volunteers/a/flexiblevol.htm)

10. [Get Organized](http://interiordec.about.com/od/homeorgarticles/a/a_organizelinks.htm)

1. Are these resolutions similar or different from people in your country?
2. What resolutions (goals) do you have for yourself this year?

a. **Health**: diet, healthy habits… “I will eat more healthy food (3 serves of vegetables and 2 serves of fruit and go to bed before midnight)”.

b. **Mental**: books to read, new skills to learn…I will try and learn 5 new words every day”

c. **Physical**: exercise…“I will walk to work every day”

d. **Social**: working on relationships (friends, husband/wife, work colleagues, family)… “I will contact my family every week”

d. **Spiritual**: prayer, meditation, relationship with God…“I will spend 20 minutes time alone praying and reading the Bible.”

1. What travel plans do you have this year?
2. What was your dream of coming to Australia? Have you found your dream? What might stop you reaching your dream? E.g.too shy, lazy, not enough money….

A man called Isaiah had a dream about what God was going to do in the future. In his dream, God promises Isaiah a bright future for those who believe in him. His dream is found in the Bible:

*“I (God) will create a new heavens and earth; everything of the past will be forgotten. …Babies will no longer die in infancy, and all people will live out their life span. Those who live to be 100 will be considered young. People will build houses and get to live in them – someone else will not use them. They will fully enjoy the things that they have worked for. The work they do will be successful, and their children will not meet with disaster. Wolves and lambs will eat together; lions will eat straw, as cattle do, and snakes will no longer be dangerous. I the Lord have spoken!’ Isaiah 65:17-25.*

1. What things did Isaiah dream about? How is it different to today? What would it be like to live in this new creation?

**Vocabulary**

**Creating**: verb. To make something happen.

**Heavens:** the place where people who believe in God go after they die.

**Forgotten**: past participle of forget: to not remember something.

**Infancy**: noun. When you are a baby or a small child.

**Life span**: noun. The amount of time that a person lives.

**Successful**: adj. achieving what you want to achieve.

**Disast**er: noun. Something that causes a lot of damage or harm or an extremely bad situation.

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