

Main types of new year's resolutions

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New Year's Resolutions Apart from the endless cups of tea with Christmas sweets, the great fun and the immense blissfulness that we experience by the end of the year and the beginning of a new one, the New Year is also the traditional time to make resolutions, which are plans to improve oneself.

Resolutions are basically promises to oneself, and like promises, you either keep them or break them. That is to say, you are either successful in keeping your plans, or you are not and you go back to your old habits.

The vast majority of people think that they need a new lifestyle, a change, or a recommitment as an individual. The aim of most resolutions is to turn over a new leaf. That is, to make yourself better by changing your routines and habits. It is like making a fresh, new start in your life. Generally there are two main types of resolutions: give up or take up. A lot of people say that their New Year's Resolutions are to give up a bad habit or to take up a new hobby.

Personally, I think that what I would just like to do is carry on working hard; carry on being happy and healthy. I plan to keep on studying, keep on exercising (I wish I could do it quite often in 2012), keep on eating well and keep on sleeping well, keep on getting on well with myfamilyand friends. And that's about it, there is nothing else. Nothing too big, nothing too heavy, because experience tells me that if you try to ask yourself to do too much stuff, it will eventually not happen.