

Worksheet: New-Year Reset Routines (B2-C1) - Revised

Article

By early January, the big promises often start to fade, so many people are choosing a quieter kind of restart. Instead of dramatic targets, they try to turn over a new leaf with routines that feel ordinary but doable: a consistent bedtime, a short walk, or a ten-minute tidy before work. One engineer said she used to aim for perfection and then fall off the wagon after a single late night, so this year she wants habits she can stick to even on chaotic days.

A reset works best when it reduces friction. Some people clear out one drawer at a time rather than attempting a whole flat in a weekend. Others draw up a basic weekly plan and keep an eye on how they actually spend their evenings. A coach described this as a gentle way to kick-start self-trust: you do one small action, you see results, and you are more willing to repeat it. To make that possible, many also cut back on goals that sound impressive but clash with real schedules.

Of course, not everyone enjoys the new-year spotlight. A number of people prefer to opt out of public challenges and wind down privately, without posting progress online. Even so, most agree that a reset is useful if it makes it easy to begin again after setbacks. The strongest routines are not strict; they are flexible, so a missed day does not ruin the whole plan. In other words, the point is not a perfect January - it is showing up consistently.

True / False

1. The article says many people now prefer small, doable routines in early January.
2. It suggests most people succeed by aiming for perfection without exception.
3. Fall off the wagon is used to describe giving up a habit after a setback.
4. The text recommends clearing out everything in one weekend.
5. Keeping an eye on your evenings means monitoring how you spend your time.
6. The coach links kick-starting self-trust to repeated small actions.
7. The article claims everyone enjoys sharing public challenges online.
8. It argues that flexible routines help people begin again after setbacks.

Phrase Match

Match each phrase (1-10) to the correct definition (A-J).

Phrases	Definitions
1. turn over a new leaf	A. reduce the amount of something
2. fall off the wagon	B. continue without giving up
3. stick to	C. monitor closely for changes
4. clear out	D. relax and become calmer
5. draw up	E. remove unwanted things to tidy
6. keep an eye on	F. prepare or write a plan
7. kick-start	G. make a fresh start and behave better
8. cut back on	H. choose not to take part
9. opt out	I. stop a good habit after initial success
10. wind down	J. start something successfully

Synonym Match

Match each word (1-10) to the closest synonym (A-J).

Words	Synonyms
1. doable	A. problems
2. chaotic	B. public attention
3. friction	C. watch
4. ordinary	D. disordered
5. monitor	E. regularly
6. repeat	F. achievable
7. flexible	G. do again
8. setbacks	H. adaptable
9. spotlight	I. normal
10. consistently	J. difficulty

Discussion Questions

Student A (personal experience)

1. Do you prefer to turn over a new leaf in January or at another time?
2. What habit do you find easiest to stick to, and why?
3. When have you fallen off the wagon with a routine before?
4. What part of your home would you like to clear out first?
5. Do you ever draw up plans for the week? What do you include?
6. What do you keep an eye on most: sleep, money, time, or health?
7. How do you wind down after a stressful day?
8. What can you do to kick-start motivation when you feel tired?

Student B (opinions and deeper discussion)

1. Are public challenges helpful, or do they create the wrong kind of spotlight?
2. Why do people often cut back on goals only after failing once?
3. What makes a routine flexible rather than weak or inconsistent?
4. How should workplaces support employees who want healthier routines?
5. Is friction the main reason habits fail, or is it something else?
6. How can people respond to setbacks without losing confidence?
7. Do you think ordinary routines can create meaningful change? Explain.
8. What would a realistic, sustainable January look like for most adults?

Answer Key

True / False: T, F, T, F, T, T, F, T

Phrase Match: 1-G, 2-I, 3-B, 4-E, 5-F, 6-C, 7-J, 8-A, 9-H, 10-D

Synonym Match: 1-F, 2-D, 3-J, 4-I, 5-C, 6-G, 7-H, 8-A, 9-B, 10-E