

Describe a resolution you made in the new year

IELTS cue card

You should say:

- What is the resolution?
- How will you complete it?
- How do you feel about it?
- Why did you make this resolution?

Describe a resolution you made in the new year - Model answer 1

Introduction

New Year is a time of joy and anticipation for the upcoming year. Everyone hopes that the coming year will be better than the one that has just passed. Individuals make resolutions to better themselves.

What is the resolution?

I also resolved to avoid using social media to the greatest extent possible in the new year. Social media has become an essential part of everyone's lives in this digital world. It also was a part of my life.

How will you complete it? and How do you feel about it?

I opted to limit social media usage. I intend to spend so much time with my loved ones in order to achieve this resolution. I will meet up with school and college friends. This will help me to pass the time, while also cultivating strong bonds and relationships. In addition, my physical health will get better. The eyes can become impaired if an individual stares at a screen all day. Avoiding social media reduces digital usage. This will assist me in improving my eyesight. I will be capable of concentrating and focusing solely on my studies.

Why did you make this resolution?

I made friends and interacted with them through social media. I devoted the majority of my time to social media. This impacted my studies and everyday routines. I thought that the social media friends I made were real friends. I really wasn't spending time with my family and friends.

Conclusion:

I am very pleased with my decision to make this resolution. Social media consumed four and a half hours of my everyday life. Now, I will be able to dedicate those hours to establishing strong relationships and putting more emphasis on my studies.

Describe a resolution you made in the new year - Model answer 2

Introduction

As I have made countless pledges in my life for my progress, in the year 2021, I have tried to accomplish something beyond the stereotype mindset.

What is the resolution?

The objective is to enhance my bond with my parents, as after entering their 20's most children tend to spend less time and attention on their parents.

How will you complete it?

I think that because of social life and commitments with friends, youngsters are not able to spend good quality time with their parents. However, I will keep my parents as the priority by restricting my social life and social media.

How do you feel about it?

My parents are in the 2nd half of their life and I do not want to live in guilt that I was not able to spend good quality time with them. So I feel I need this time to fill the gap which has widened because of the chaotic lifestyle.

Why did you make this resolution?

My parents had given me everything that I wanted during my childhood. Whereas, I have not spent enough time with my parents. Moreover, my parents have grown old and they need a certain amount of attention as well as affection. Since life is so unpredictable, I feel I need to spend a good amount of time with my parents.

Conclusion

By enjoying time together as a family, I will seek to fulfil all of my duties and keep them happy and proud.

Describe a resolution you made in the new year - Model answer 3

Introduction

New Year's resolution is a commitment to do something better. Today, the majority of individuals make a goal, but none can keep it. Furthermore, I am not in the business of making pledges as I am a person of laziness. Still, I pledged for the coming year.

What is the resolution?

I too have made numerous New Year's pledges only to forget them a few weeks later. For this year, however, I have made a resolution that I will become more fit and healthy.

How will you complete it?

I have failed badly at being physically fit, despite my numerous attempts. This year, to attain my goals, I will push beyond my capacity. My perception is that fitness is the best way to lose weight. All of my meals would be consumed between 10 am to 7 pm. If I wanted to reach my objective. This approach would aid my calorie-counting diet. I also avoid sugary and packaged foods.

How do you feel about it?

It is clear that the majority of people gain weight as a result of poor eating habits, so I am confident that I have made the right move by choosing to lose some weight. By eating all of my meals between 10 a.m. and 7 p.m., I will give sufficient time to my digestive system to digest food.

Why did you make this resolution?

I had significantly gained weight. Now, I wish to rapidly reduce the excess body fat.

Conclusion

I am confident that this goal will result in a substantial change in my character.

Describe a resolution you made in the new year - Model answer 4

Introduction

It is reasonable to make New Year pledges with great enthusiasm. Unfortunately, not many of them commit to it, and the majority of them deliver a fail show.

What is the resolution?

I had made the New Year goal to socialise more with the people surrounding me, as I was previously considered a mostly "anti-social" or "unfriendly" person due to my "unwillingness" or "lack of capacity" to open up to others.

How do you feel about it?

Not only did I make a New Year resolution, but I was also able to maintain it throughout the entire year. Firstly, this will be a bit hard for me to stick with that commitment.

Why did you make this resolution?

I was not just "introverted," but also "egocentric." And this "arrogance" led me to assume that I did not have to interact with others to stay alive or achieve in this world. My family and relatives had repeatedly advised me to behave politely in the presence of everyone else, but I simply ignored them and then went my own way.

How will you complete it?

By involving in social gatherings and discussions with friends and family.

Conclusion

Honestly, everything will be a bit embarrassing, once I start becoming nice, but I will slowly become a "sociable" and "friendly" individual.