

**Topic:**

New Year’s Resolutions

**Reading Resource:**

How to Make (and Keep) a New Year’s Resolution ([Link](https://www.nytimes.com/guides/smarterliving/resolution-ideas))

**Discussion Guide:**

1. What are new year’s resolutions? Have you made any resolutions for this year?
2. What do you think motivates people to want to change and improve? Why?
3. The article states that more than half of all new year’s resolutions that are made fail. Why do you think people don’t keep resolutions?
4. What are some goals you’ve set and succeeded in achieving? What are some goals you’ve set and not achieved? What do you think helps you succeed in making a change?
5. What is a SMART goal (see article) that you could set for this year? Why is this important to you? How do you see this change affecting your life?