

I read \_\_\_\_\_ Words  
in \_\_\_\_\_ Minutes

# New Year's Resolutions

Have you ever made a promise to yourself? A New Year's resolution is a promise for self-improvement. The promise is made on the first day of January. New Year's resolutions are part of tradition and easy to practice.

First of all, New Year's resolutions have a history with people. The first records of resolutions come from the Ancient Babylonians. Every new year, people would resolve their problems by paying money owed and returning things borrowed. The Ancient Romans and Medieval knights practiced similar resolutions by making promises and renewing their vows. Soon, Western cultures like people in the United States, started making New Year's resolutions. Businesses, such as postcard companies, would promote sales by making New Year's resolution cards and sending them to customers.

Making New Year's resolutions are an easy practice. Just think about something positive to do start doing or negative things to quit doing. You can choose to get better grades, have better manners, or eat healthy vegetables. You can also make resolutions to quit bad habits like staying up too late. The goal is to keep the resolution for the whole year. If everyone made and kept their vows, the world would be a better place. Do you know some good ideas for a New Year's resolution?

**A RESOLVE**  
For Every Morning of the New Year  
I will this day try to live  
a simple & sincere and  
serene life & repelling  
promptly every thought of  
discontent, anxiety, discouragement,  
impurity and self-seeking  
& cultivating cheerfulness &  
magnanimity, charity, and the  
habit of holy silence & exercising  
economy in expenditure, carefulness  
in conversation, diligence in appointed  
duties, & fidelity to every trust.



In the 1900's, businesses would promote New Year's resolutions like this card from 1915. Studies show 80% of the vows people make are not fulfilled.

14  
26  
38  
51  
62  
74  
83  
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105  
116  
124  
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175  
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208  
211

1. What is the main idea of the information in the text?

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2. Write two to three details from the text to support the main idea.

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3. Explain how the picture and caption connect to the passage.

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# New Year's Resolutions

1. What is a New Year's resolution? Use 2 key facts in your answer.

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2. What is the author's point about how New Year's resolutions are part of tradition/history? Use reasons and evidence from the text in your answer.

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3. Find the first sentence of the last paragraph. Use evidence and reasons to support this sentence.

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4. Choose, circle, define, or write a sentence with two vocabulary words:  
 resolution   self-improvement   owed   vows   promote   positive   negative

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**Bonus:**

Write or make a list of Positive and Negative New Year's resolutions.

**Positive:**

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**Negative:**

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