



Questions for Classroom Discussion

“Starting Off Right”

- **Why is the practice of making New Year’s Resolutions a positive thing?**
 - ⇒ Consider the value in looking over your life from time to time and picking out areas where you can improve
 - ⇒ Consider the need to set goals in order to accomplish any task, and how a New Year’s Resolution is just a fancy way of setting a goal
 - ⇒ Consider how it is enjoyable for everyone to share in the New Year’s Resolution process together, and how it serves as a reminder that everyone can improve in some way

- **How can the practice of making New Year’s Resolutions be a negative thing?**
 - ⇒ Consider how the vast number of all New Year’s Resolutions ultimately fail, most within the first few weeks
 - ⇒ Consider how the idea of a “New Year’s” Resolution gives the impression that you only have one chance during the year to improve yourself
 - ⇒ Consider how the focus on a New Year’s Resolution often overshadows the fact that real change cannot occur because of a few words, but rather takes time and hard work

- **For those who do make New Year’s Resolutions, what are the best strategies that will make it a positive experience?**
 - ⇒ Consider the need to set real goals that can be achieved, rather than just dreams that are unrealistic
 - ⇒ Consider how a step-by-step plan that you create ahead of time is important to help you accomplish a New Year’s Resolution, or any other goal
 - ⇒ Consider how it is important to know that making a New Year’s Resolution means nothing... it is the hard work and dedication that follows it that really matters