



New Year Resolutions! Les Bonnes Résolutions!

by Sue Burgess

Bonne Année tout le monde! I hope you had a good Christmas. First of all here are the answers to last month's vocabulary quiz:

Noël	Christmas
Les chants de Noël	Christmas carols
Les décorations de Noël	Christmas decorations
Le gui	Mistletoe
Offrir des cadeaux	To give presents
Le lendemain de Noël	Boxing Day
Les fêtes	The holiday season / the festivities
Le papier cadeau	Gift wrap
La Veille de Noël	Christmas Eve
Une guirlande	A garland / streamer / tinsel

Well, have you made any **Bonnes résolutions** this year?

New Year's Resolutions **les bonnes résolutions** are a custom which exist in Western civilisations. People commit themselves to improving their behaviour **améliorer son comportement** or a habit **une habitude** or their life-style **mode de vie**.

The official website of the US government suggests a list of the most popular resolutions :

- **manger sainement** eat healthily
- **perdre du poids** lose weight
- **se remettre en forme** get fit
- **boire moins d'alcool** drink less alcohol
- **ne plus se ronger les ongles** stop biting your nails
- **penser positive** think positively
- **rire plus souvent** laugh more often
- **profiter de la vie** make the most of life
- **payer ses dettes** pay your debts
- **économiser de l'argent** save
- **passer plus de temps en famille** spend more time with your family
- **faire un voyage** travel
- **faire du sport** do some sport

As these resolutions are difficult to keep **tenir**, different methods have been thought of to help. For example, make out a timetable and separate the resolutions into stages **étapes**. Do some sport **faire du sport**, becomes choose a sport **choisir un sport**, begin half an hour on Sundays **commencer une demi-heure le dimanche**.

In 2007 a study **étude** carried out by Richard Wiseman at Bristol University involving 3000 people, showed that 88% of New Year Resolutions fail **échouer**.

Nevertheless it is a good thing to try to stop smoking **arrêter de fumer**, go to bed earlier **aller se coucher de bonne heure** and so on.

And have you thought that if you learn just one new French word or expression per day, that by the end of the year you will have increased your vocabulary by 365 words or expressions which is quite an impressive achievement.

 Sue Burgess
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