QUESTIONS AND ANSWERS TO THE ARTICLE ABOUT THE NEW YEAR'S RESOLUTIONS:

1. **What is a New Year's resolution? Do you make resolutions?**

A New Year's resolution is a tradition, in which a person resolves to continue good practices, change an undesired trait or behavior, accomplish a personal goal, or otherwise improve their behaviour at the beginning of a calendar year.

READ MORE ABOUT THE RESOLUTIONS HERE.

2. **Does making resolutions guarantee success?**

According to the text, it does not guarantee success. You must stick to them throughout the whole year and that is not an easy task.

3. **How can we make sure that we accomplish our resolutions?**

To increase the chances of success, it is helpful to make specific and achievable goals, break them down into smaller steps, and track progress along the way.