

Ex 1. Match the structures with their meaning

I will....
I'm going to....
I would like ... / I would like to
I hope to
I am thinking about...
I will not...
I'm planning to...
I intend to...

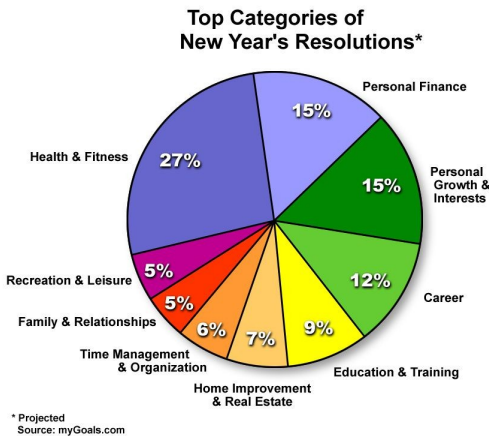
un désir, un souhait
une idée qui germe
un projet
un espoir
un refus
une intention pour l'avenir proche
une promesse
une intention

Ex 2. Match the words or phrases with their equivalent

quit
cut down on
keep doing
try harder in / at
start

reduce
continue
give more effort in / at
stop
begin

Ex 3. Decide what category or sub-category the following goals belong to.

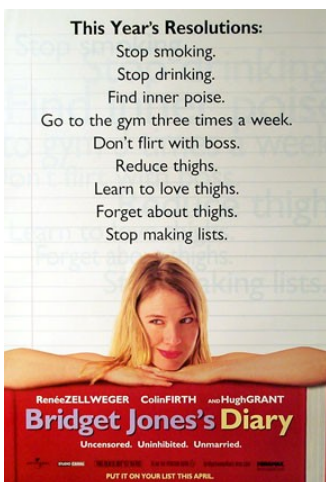


- "To backpack through Europe"
- "To spend more time outdoors"
- "To go on a trip for my birthday"
- "To travel to Edinburgh, Ireland, and England"
- "To plant flowers in the yard"
- "To spring-clean my apartment"
- "To redecorate my living room"
- "To clean out my room and closet"
- "To complete my dissertation"
- "To become fluent in English"
- "To get back to my bachelor's degree"
- "To study more"
- "To get to work on time"
- "To organize my life"
- "To organize my desk each day"
- "To be a happy wife"
- "To maintain contact with friends"
- "To fit into my favorite jeans"
- "To sleep better"
- "To reduce stress in my life"
- "To reduce body fat to 10.6%"
- "To read one book a week"
- "To learn more about wine"
- "To mentor a child"
- "To keep a journal"
- "To update my wardrobe"

- "To create an independent successful private practice"
- "To become an architect"
- "To start a jewelry business"
- "To find a career I'm satisfied with"
- "To establish a stock portfolio"
- "To create passive income"
- "To take my lunch to work 3 days a week"
- "To pay off my debt"
- "To find a life partner with similar values"
- "To create and enforce household rules"

Ex 4. Use the information and vocabulary from ex 1-2-3 to make sentences such as the following example

This year, 15% of the population will make a resolution about their health and fitness. For instance, some are thinking about reducing stress in their life while others are planning to sleep better.



Ex 5. For each list of words, identify the common sound ; then train to read Bridget Jones' s resolutions with the appropriate pronunciation.

- Son [] smoking / go/ don't/
- Son [] stop / boss/
- Son [] smoking/drinking / inner/gym/with/making/reduce/ lists
- Son [] three/week/
- Son [] find/times/thighs/
- Son [] inner/to/a/forget/about

Ex 6. Using the *Bridget Jones's Diary* poster, imagine what Bridget Jones recorded on Soundcloud on that day. Use link-words such as "first, in addition, moreover, what is more, furthermore, last but not least" as well as vocabulary from the previous activities.