

Name \_\_\_\_\_



## Resolution Reality

**Directions:** Choose a side-do you think New Year's resolutions truly help people change, or are they just bursts of short-term motivation? Read the scenario, plan your stance, and write or present your argument with strong reasoning and examples.

**Debate Prompt:** Every January, millions of people set New Year's resolutions: to get healthier, study harder, save money, or spend more time with loved ones. But by February, many resolutions have already been broken. Some believe resolutions are powerful tools for self-improvement. Others argue they create pressure and disappointment when goals aren't met.

**Your Task:** Take a position and defend it. Do you believe New Year's resolutions are *effective* for real change, or are they *temporary motivation* that fades too quickly?

Use these questions to guide your thinking:

- Why do people make resolutions in the first place?
- What helps some people succeed while others give up?
- Are there better ways to set goals than waiting for January 1st?
- How can motivation last all year long?

Write a one-paragraph opening statement, followed by your main arguments and supporting examples. End with a concluding statement that summarizes your stance.