

「看見」你的新年新希望 (2-1)

For Better Results, Visualize your New Year's Resolutions-(2-1)-Some advice to help you reach your goals this year

关键字: resolution, resolve, outcome, minimum, visualize, psychiatrist

- 1 Hello, and welcome to Studio Classroom.
- 2 My name is Gabe.
- 3 And I'm Rebecca.
- 4 And I know your English will improve today as we talk about New Year's
- 5 resolutions.
- 6 Uh... Another article on New Year's resolutions.
- 7 Um, why do you say "Uh...," Gabe?
- 8 Because it's impossible to keep New Year's resolutions.
- 9 Everybody knows that nobody ever keeps them.
- 10 I want to exercise every day.
- 11 It works for like four days, and then we're back to normal just lazing around and
- 12 not doing anything.
- 13 Watching TV, just uh...
- 14 But that's where this lesson can help us.
- 15 Yeah... What do you mean?
- 16 Well, today's lesson is unlike other New Year's resolutions lessons we've done in
- 17 the past.
- 18 Yeah, that's true, it's got a really long title.
- 19 I'm serious.
- 20 It will be helpful.
- 21 So open up your magazine to the lesson "For Better Results, Visualize your New
- 22 Year's Resolutions," and let's begin.
- 23 For Better Results, Visualize your New Year's Resolutions.
- 24 Some advice to help you reach your goals this year.
- 25 About to make your annual resolutions for self-improvement in the New Year?
- 26 Whether you are planning to lose weight, save for a trip or find a new job, don't
- 27 find yourself slipping in your resolve.



28 Set yourself up to win!

29 "This year can be different if you approach your resolutions the right way,"
30 explains Dr. Daniela White, board-certified psychiatrist.

31 White suggests taking this approach:

32 1. Set up one goal with a well-defined, measurable outcome (i.e., losing 10
33 pounds).

34 Hi, everyone. I'm Michelle.

35 (Chinese).

36 Thank you, Michelle.

37 OK, let's look at this long title of our lesson again: For Better Results, Visualize
38 your New Year's Resolutions.

39 Now what kind of results are we looking at here?

40 Well, the results of our New Year's resolution and...

41 Of course.

42 ... and of course, a "result" is the outcome or what happens because of a decision
43 that you made.

44 So when do you see the phrase "for better results"?

45 Hmm, good question.

46 "For better results with your flowers, cut the stem under running water before
47 putting it into a vase."

48 Or "If you want to take good pictures, make sure the lighting is good for better
49 results."

50 **All right.** Think of some other ways to use that phrase.

51 Our lesson says: Some advice to help you reach your goals this year.

52 So what does it mean to "reach your goal"?

53 Well, when you "reach your goal," this just means that you accomplish what you
54 wanted or what you're aiming for.

55 That's right.

56 So we hope that you can reach your goals.

57 Now, let's continue reading here.

58 About to make your annual resolutions for self-improvement this year... or in the
59 New Year?

60 Does something about this sentence seem kind of odd?

61 Hmm. Yeah, it does.



- 62 It seems like it should say: Are you about to make your annual resolutions?
- 63 What happened to the "are you"?
- 64 Good question.
- 65 You know, sometimes... sometimes we talk just like this.
- 66 Although "you" is the subject of the sentence, it's normal in conversations to
67 drop that part of the sentence.
- 68 Can you think of other ways to take out the verb and subject-- "are you"-- when
69 making a sentence?
- 70 OK. Let's think... Oh!
- 71 Going to the party later?
- 72 That could be: Are you going to the party later?
- 73 But you could just say: Going to the party later?
- 74 Or what about: Thinking about taking a nap?
- 75 You could say: Are you thinking about taking a nap?
- 76 But why not just drop the "are you" and say: Thinking about taking a nap?
- 77 **All right.**
- 78 Well, let's talk about something else here: self-improvement.
- 79 Rebecca, what is "self-improvement"?
- 80 Of course it's exactly what it sounds like, it's improving yourself.
- 81 That's right.
- 82 And of course, we see a picture of someone on a scale here.
- 83 They are planning to lose weight.
- 84 And our lesson says: Whether you are planning to lose weight, save for a trip or
85 find a new job, don't find yourself slipping in your resolve.
- 86 This could be a way for you to have self-improvement.
- 87 So what does it mean to "find yourself doing something"... or to "find yourself to
88 do something"?
- 89 Good question.
- 90 This means that you discover you're doing something that you didn't plan on
91 doing.
- 92 For example, "I found myself ordering every flavor of ice cream on the menu."
- 93 Oh, my goodness. That is crazy.



94 Or you could say: "I only planned on spending \$10 at the store, but I found myself
95 spending over \$100."

96 Oh, no!

97 So think of some other ways where you find yourself doing something that you
98 didn't expect to.

99 Well, what does it mean to "slip in your resolve"?

100 That's a great question.

101 We see that here in our lesson.

102 Well, it means to not be as disciplined in achieving what you wanted to do.

103 That's right.

104 So of course, as our lesson says, you want to set yourself up to win.

105 And I love this phrase "set yourself up to win."

106 What does that mean?

107 Of course you don't want to set yourself up to lose.

108 But when you "set yourself up to win," that means that you arrange everything or
109 manipulate things so that you can win or accomplish what you're aiming to
110 accomplish.

111 So how else could you set yourself up for something?

112 Well, I have an example right here:

113 "I didn't mean to, but I set myself up for disaster."

114 Hmm, that happens sometimes.

115 Or "Don't set yourself up for disappointment.
116 Be realistic with your expectations."

117 Exactly. And so here in our lesson it says: "This year can be different if you
118 approach your resolutions the right way," explains Dr. Daniela White, who is a
119 board-certified psychiatrist.

120 That's right. She's a board-certified psychiatrist.

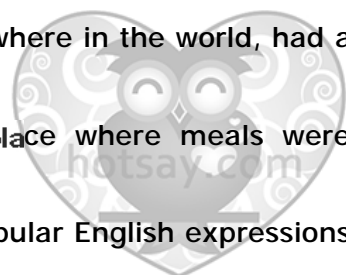
121 What does "board" mean?

122 Well, let's take a look at the Info Cloud to see what Steve and Ken have to share
123 about that word.

124 Centuries ago, typical English homes, like homes elsewhere in the world, had a
125 table in the kitchen made of wide wooden boards.

126 Among other uses, these boards function as the place where meals were
127 prepared and eaten.

128 From these rough and humble boards, a handful of popular English expressions



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