



EPISODE [Adulting] New Year 2020: Realizing Your Resolutions

Study Notes

Vocabulary of the week

resolution	<i>noun</i>	a promise to yourself to do or to not do something <i>I've made a resolution to exercise three times a week.</i>
resolute	<i>adjective</i>	determined in character, action, or ideas <i>I admire Kiky's resolute optimism in these difficult times.</i>
get round to something	<i>phrasal verb</i>	to do something after you have intended to do it for a long time <i>Gio got round to getting a tattoo after several years.</i>
achievable	<i>adjective</i>	possible to achieve <i>Make sure to set achievable resolutions, or you'll fail.</i>
applicable	<i>adjective</i>	relevant to or affecting a particular situation or group of people <i>This tip is very applicable to me, it can certainly help me.</i>
treat	<i>verb</i>	to buy or pay for something for another person <i>You should treat yourself after every accomplishment.</i>
milestone	<i>noun</i>	an important event in the development of something <i>Graduating university was a huge milestone for me.</i>
support system	<i>noun</i>	a network of people who provide practical or emotional support <i>Everyone needs a support system to help during hard times.</i>
fall back on	<i>phrasal verb</i>	to use or do something else after other things have failed <i>Have a support system to fall back on so you can stay strong.</i>
take charge of something	<i>phrasal verb</i>	to take control of something or of a group of people <i>You should always take charge of your own resolutions.</i>