



New Year, New Me: The 10-Sentence Resolution Challenge

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Sentence 1 — Hook (Attention Grabber): Open with a powerful hook that pulls the reader in (bold statement, surprising thought, or short dramatic line).

Example: This year doesn't scare me like the last one.



Sentence 2 — Metaphor: Describe yourself at the start of the new year using a metaphor.

Example: I am a notebook with blank pages, a few crossed-out mistakes, and an attitude to succeed.

Sentence 3 — Simile: Use a simile to describe how last year felt.

Example: Last year felt like running uphill with untied shoes.



Sentence 4 — Specific Detail: Include a specific example of a struggle of yours.

Example: I still procrastinate on my homework and often fill my time on my phone.

Sentence 5 — Internal Conflict: Reveal an internal conflict—something you struggle with or want to change.

Example: Part of me wants to put the phone down, but the other part wants to scroll more.

Sentence 6 — Short Sentence for Emphasis: Write a very short sentence (3–5 words) that shows determination.

Example: No more excuses.



Sentence 7 — Personification: Use personification to describe time, fear, habits, or the future.

Example: Fear keeps knocking, but I'm done answering.

Sentence 8 — Goal Statement (Resolution): State a clear, realistic New Year's resolution connected to school, mindset, or personal growth.

Example: This year, I will read more, write with purpose, and limit my screen time.



Sentence 9 — Imagery (Look Ahead): Use imagery to show what success will look like by the end of the year.

Example: I see myself finishing assignments early, breathing easier, and walking into class prepared.

Sentence 10 — Reflection or Call to Action: End with a reflective thought or a call to action that feels meaningful.

Example: This year isn't about being perfect—it's about becoming better.



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