

TAPESCRIPT: **New Year's Resolutions**

Emma - Hi Rich, Happy New Year!

Richard - Happy New Year!

Emma - So, have you got any resolutions for 2021?

Richard - I have actually, I have. Firstly, I have really enjoyed working from home during the pandemic because I have seen more of my family, but I have not been very good at drawing a line between when I'm at work and when I'm not at work. So, one of my resolutions is to spend more quality time with my children. Also, I really miss running. I don't run enough, and I've been stuck at home I don't move around very much I don't go on a commute so; I'm going to try and rediscover my love of running. And my third New Year's resolution for 2021 is to try and take up a hobby something that is not work because I tend to say yes to everything that work gives me and instead, I am going to try to carve out some time to do something I've not done before.

Emma - Oh, that sounds great. So, you're going to spend more time with your family, you're going to say no to work, and take up a new hobby, and you're going to go running.

Richard - I am. I have always loved running, so I think I need to just rediscover the joy that comes with running around outside in the fresh air.