



New Year's Resolutions
Fieldwork Dates: 18th - 19th December 2019

Conducted by YouGov
YouGov RealTime

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BACKGROUND

This spreadsheet contains survey data collected and analysed by YouGov plc.

Methodology: This survey has been conducted using an online interview administered to members of the YouGov Plc panel of individuals who have agreed to take part in surveys. Emails are sent to panelists selected at random from the base sample. The e-mail invites them to take part in a survey and provides a generic survey link. Once a panel member clicks on the link they are sent to the survey that they are most required for, according to the sample definition and quotas. (The sample definition could be "US adult population" or a subset such as "US adult females"). Invitations to surveys don't expire and respondents can be sent to any available survey. The responding sample is weighted to the profile of the sample definition to provide a representative reporting sample. The profile is normally derived from census data or, if not available from the census, from industry accepted data.

YouGov plc make every effort to provide representative information. All results are based on a sample and are therefore subject to statistical errors normally associated with sample-based information.

For further information about the results in this spreadsheet, please email uspress@yougov.com quoting the survey details

EDITOR'S NOTES - all press releases should contain the following information

All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 1174 adults. Fieldwork was undertaken between 18th - 19th December 2019. The survey was carried out online. The figures have been weighted and are representative of all US adults (aged 18+).

- YouGov is registered with the Information Commissioner
- YouGov is a member of the British Polling Council

Any percentages calculated on bases fewer than 50 respondents must not be reported as they do not represent a wide enough cross-section of the target population to be considered statistically reliable. These figures will be italicised.

YouGov RealTime
New Year_s Resolutions

US_nat_int Sample: 18th - 19th December 2019



Total	Gender		Generation							Region				
	Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	White
	A	B	C	D	E	F	G	H	I	J	K	L	M	N

nyr_q1. For the following question, if you did not make any New Year's Resolutions for 2019, please select the 'Not applicable' option. Thinking about the last year (i.e. from January until now)...Approximately, how many, if any, New Year's Resolutions did you 'stick to'?

Unweighted base	1174	531	643	34	380	289	416	55	-	-	218	262	433	261	775
Base: All US Adults	1174	571	603	40	386	277	407	65	-	-	209	247	442	277	757
I stuck to all of my resolutions	7%	10%	5%	2%	12%	11%	2%	2%	-	-	8%	5%	8%	8%	6%
I stuck to some of my resolutions, but not all of them	19%	17%	22%	34%	29%	18%	11%	8%	-	-	18%	19%	21%	18%	17%
I didn't stick to any of my resolutions	8%	7%	8%	15%	7%	8%	8%	3%	-	-	10%	8%	7%	8%	7%
Don't know/ can't recall	8%	9%	7%	8%	10%	9%	7%	5%	-	-	8%	6%	7%	13%	7%
Not applicable - I did not make any New Year's Resolutions for 2019	57%	57%	57%	40%	42%	55%	72%	82%	-	-	57%	62%	58%	53%	63%

nyr_q3. Do you plan to make any New Year's resolutions for 2020?

Unweighted base	1174	531	643	34	380	289	416	55	-	-	218	262	433	261	775
Base: All US Adults	1174	571	603	40	386	277	407	65	-	-	209	247	442	277	757
Yes, I do	28%	29%	27%	48%	39%	29%	19%	13%	-	-	28%	29%	29%	27%	28%
No, I don't	53%	55%	51%	30%	40%	53%	66%	69%	-	-	56%	48%	54%	54%	55%
Don't know	18%	15%	21%	23%	22%	18%	16%	17%	-	-	16%	23%	17%	20%	19%

nyr_q4. Which, if any, of the following New Year's resolutions do you plan to make for 2020? Please select all that apply.

Unweighted base	322	143	179	17	143	82	73	7	-	-	58	76	120	68	203
Base: All US Adults who said that they intend to make resolutions in 2020	322	167	165	19	149	80	75	9	-	-	59	71	128	74	200
Lose weight	37%	30%	44%	19%	31%	36%	53%	44%	-	-	33%	46%	38%	29%	43%
Exercise more	50%	46%	54%	53%	48%	47%	53%	48%	-	-	39%	59%	40%	65%	54%
Eat more healthily	43%	39%	47%	46%	44%	42%	43%	32%	-	-	39%	43%	42%	48%	44%
Stop drinking alcohol completely	10%	15%	5%	-	17%	3%	6%	-	-	-	21%	1%	6%	16%	7%
Drink less alcohol	15%	21%	10%	-	21%	15%	10%	-	-	-	15%	9%	24%	7%	12%
Stop smoking completely	12%	12%	12%	-	13%	14%	12%	-	-	-	21%	9%	11%	9%	11%
Smoke less	8%	10%	6%	4%	7%	7%	14%	-	-	-	10%	10%	8%	5%	9%
Get more sleep	30%	29%	32%	47%	30%	26%	34%	23%	-	-	35%	33%	31%	24%	32%
Reduce stress	34%	28%	40%	33%	35%	35%	32%	10%	-	-	39%	31%	35%	30%	36%
Stick to a budget	30%	23%	37%	13%	29%	34%	32%	22%	-	-	29%	31%	26%	36%	34%
Save money	49%	44%	55%	48%	55%	54%	39%	-	-	-	42%	50%	47%	59%	52%
Travel more	25%	20%	30%	14%	29%	25%	24%	-	-	-	26%	26%	23%	26%	24%

YouGov RealTime

New Year_s Resolutions

US_nat_int Sample: 18th - 19th December 2019



Total	Race			Education				Marital Status						
	Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Civil Partnership	Living together, not married or civil partnership	In a relationship, not living together	NET: In a relationship	Single	Divorced
	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB

nyr_q1. For the following question, if you did not make any New Year's Resolutions for 2019, please select the 'Not applicable' option. Thinking about the last year (i.e. from January until now)...Approximately, how many, if any, New Year's Resolutions did you 'stick to'?

Unweighted base	1174	151	150	98	420	409	221	124	550	7	82	47	686	278	121
Base: All US Adults	1174	138	184	95	474	364	213	123	542	14	77	46	679	285	120
I stuck to all of my resolutions	7%	9%	11%	10%	7%	6%	8%	9%	6%	19%	10%	10%	7%	8%	7%
I stuck to some of my resolutions, but not all of them	19%	25%	23%	24%	18%	20%	18%	25%	18%	34%	19%	29%	19%	24%	16%
I didn't stick to any of my resolutions	8%	11%	9%	6%	9%	8%	6%	7%	6%	-	13%	4%	6%	10%	12%
Don't know/ can't recall	8%	4%	14%	12%	9%	7%	9%	8%	8%	-	11%	11%	9%	7%	4%
Not applicable - I did not make any New Year's Resolutions for 2019	57%	52%	43%	49%	58%	58%	59%	51%	62%	47%	47%	45%	59%	50%	60%

nyr_q3. Do you plan to make any New Year's resolutions for 2020?

Unweighted base	1174	151	150	98	420	409	221	124	550	7	82	47	686	278	121
Base: All US Adults	1174	138	184	95	474	364	213	123	542	14	77	46	679	285	120
Yes, I do	28%	31%	36%	26%	28%	27%	29%	32%	26%	47%	39%	44%	29%	33%	21%
No, I don't	53%	56%	41%	58%	54%	55%	52%	50%	59%	12%	43%	40%	55%	44%	58%
Don't know	18%	13%	24%	16%	18%	18%	19%	18%	15%	41%	19%	16%	16%	23%	21%

nyr_q4. Which, if any, of the following New Year's resolutions do you plan to make for 2020? Please select all that apply.

Unweighted base	322	44	50	25	105	111	65	41	140	3	29	21	193	89	24
Base: All US Adults who said that they intend to make resolutions in 2020	322	42	65	25	132	99	61	39	139	6	30	20	195	95	25
Lose weight	37%	37%	24%	22%	35%	32%	49%	39%	42%	-	33%	46%	40%	28%	33%
Exercise more	50%	37%	43%	55%	40%	56%	56%	55%	49%	87%	40%	81%	52%	47%	45%
Eat more healthily	43%	48%	37%	45%	41%	47%	40%	47%	46%	-	46%	67%	47%	41%	36%
Stop drinking alcohol completely	10%	12%	17%	7%	13%	8%	9%	4%	8%	41%	16%	14%	11%	7%	15%
Drink less alcohol	15%	25%	18%	20%	20%	10%	16%	11%	17%	13%	6%	27%	16%	14%	11%
Stop smoking completely	12%	15%	10%	19%	14%	11%	8%	13%	8%	54%	6%	18%	10%	12%	22%
Smoke less	8%	8%	6%	8%	15%	5%	2%	2%	7%	-	-	14%	7%	8%	24%
Get more sleep	30%	40%	23%	25%	23%	37%	33%	36%	31%	-	33%	46%	32%	31%	28%
Reduce stress	34%	31%	31%	30%	28%	43%	34%	31%	30%	41%	48%	69%	37%	29%	39%
Stick to a budget	30%	16%	27%	30%	26%	35%	22%	41%	27%	-	35%	39%	29%	29%	43%
Save money	49%	33%	51%	59%	46%	56%	48%	46%	43%	54%	55%	66%	47%	56%	37%
Travel more	25%	20%	21%	52%	22%	29%	27%	26%	21%	-	25%	41%	23%	31%	23%

YouGov RealTime

New Year_s Resolutions

US_nat_int Sample: 18th - 19th December 2019



Total	Parent or guardian of any children					Income					Urban			
	Widowed	Separated	Other	Prefer not to say	Younger than 18	18 or over	NET: Any age	Not a parent / guardian	Don't know / Prefer not to say	Under \$40k		\$40k to \$80k	\$80k+	Don't know / Prefer not to say
	AC	AD	AE	AF	AG	AH	AI	AJ	AK	AL		AM	AN	AO

nyr_q1. For the following question, if you did not make any New Year's Resolutions for 2019, please select the 'Not applicable' option. Thinking about the last year (i.e. from January until now)...Approximately, how many, if any, New Year's Resolutions did you 'stick to'?

Unweighted base	1174	58	16	5	10	318	391	666	471	37	410	300	296	168	372
Base: All US Adults	1174	56	17	4	13	313	391	662	472	39	426	300	281	168	379
I stuck to all of my resolutions	7%	6%	5%	19%	15%	14%	4%	8%	6%	5%	8%	6%	9%	4%	10%
I stuck to some of my resolutions, but not all of them	19%	10%	6%	33%	20%	25%	12%	18%	21%	22%	21%	21%	19%	14%	21%
I didn't stick to any of my resolutions	8%	4%	6%	-	-	8%	7%	7%	8%	7%	8%	9%	6%	7%	10%
Don't know/ can't recall	8%	9%	23%	-	23%	8%	9%	8%	7%	22%	9%	6%	10%	9%	8%
Not applicable - I did not make any New Year's Resolutions for 2019	57%	71%	60%	48%	42%	45%	68%	58%	58%	45%	55%	58%	56%	66%	51%
	X.Y.AA*	**	**	**	**		AG.AI.AJ.AK	AG	AG	*				AL	

nyr_q3. Do you plan to make any New Year's resolutions for 2020?

Unweighted base	1174	58	16	5	10	318	391	666	471	37	410	300	296	168	372
Base: All US Adults	1174	56	17	4	13	313	391	662	472	39	426	300	281	168	379
Yes, I do	28%	18%	17%	19%	20%	41%	20%	29%	28%	16%	33%	26%	30%	17%	32%
No, I don't	53%	67%	66%	81%	30%	41%	65%	55%	51%	51%	50%	55%	56%	53%	47%
Don't know	18%	15%	17%	-	50%	18%	15%	16%	21%	33%	17%	19%	14%	30%	21%
		X.Y.AA*	**	**	**		AG.AI.AJ	AG	AH.AI	AH.AI.AJ*				AL.AM.AN	

nyr_q4. Which, if any, of the following New Year's resolutions do you plan to make for 2020? Please select all that apply.

Unweighted base	322	11	3	1	1	123	76	186	129	7	126	80	87	29	116
Base: All US Adults who said that they intend to make resolutions in 2020	322	10	3	1	3	128	78	193	132	6	140	78	85	29	121
Lose weight	37%	79%	36%	100%	-	35%	48%	39%	34%	29%	32%	42%	39%	39%	32%
Exercise more	50%	49%	36%	-	-	44%	47%	45%	56%	58%	45%	51%	58%	45%	51%
Eat more healthily	43%	23%	36%	100%	-	39%	35%	38%	51%	56%	42%	41%	46%	47%	39%
Stop drinking alcohol completely	10%	-	-	-	-	13%	6%	11%	9%	-	14%	7%	9%	-	17%
Drink less alcohol	15%	-	-	-	100%	19%	11%	16%	15%	16%	12%	11%	28%	9%	19%
Stop smoking completely	12%	9%	64%	-	-	15%	11%	13%	11%	-	15%	10%	12%	3%	15%
Smoke less	8%	8%	-	-	-	9%	10%	9%	7%	-	9%	11%	7%	-	9%
Get more sleep	30%	29%	-	-	-	28%	25%	27%	35%	46%	26%	31%	36%	32%	31%
Reduce stress	34%	18%	36%	-	-	33%	25%	31%	39%	29%	37%	33%	32%	27%	36%
Stick to a budget	30%	47%	-	-	-	27%	34%	29%	31%	28%	34%	26%	28%	25%	33%
Save money	49%	47%	72%	-	100%	48%	37%	44%	57%	42%	45%	49%	55%	55%	55%
Travel more	25%	14%	36%	100%	-	20%	15%	19%	32%	73%	32%	17%	21%	24%	33%

YouGov RealTime

New Year_s Resolutions

US_nat_int Sample: 18th - 19th December 2019



Total	Type of Area Lived in			2019 Resolutions			
	Suburban/ Town	Rural	Other	All	Some	None	Did not make resolutions
	AQ	AR	AS	AT	AU	AV	AW

nyr_q1. For the following question, if you did not make any New Year's Resolutions for 2019, please select the 'Not applicable' option. Thinking about the last year (i.e. from January until now)...Approximately, how many, if any, New Year's Resolutions did you 'stick to'?

Unweighted base	1174	571	222	9	85	228	92	682
Base: All US Adults	1174	562	221	12	86	227	90	674
I stuck to all of my resolutions	7%	7%	4%	-	100%	-	-	-
				**	AU.AV.AW*			
I stuck to some of my resolutions, but not all of them	19%	18%	20%	14%	-	100%	-	-
			**	**	*	AT.AV.AW	*	*
I didn't stick to any of my resolutions	8%	7%	7%	7%	-	-	100%	-
			**	**	*	*	AT.AU.AW*	*
Don't know/ can't recall	8%	10%	6%	9%	-	-	-	-
			**	**	*	*	*	*
Not applicable - I did not make any New Year's Resolutions for 2019	57%	59%	63%	70%	-	-	-	100%
		AP	AP	**	*	*	*	AT.AU.AV

nyr_q3. Do you plan to make any New Year's resolutions for 2020?

Unweighted base	1174	571	222	9	85	228	92	682
Base: All US Adults	1174	562	221	12	86	227	90	674
Yes, I do	28%	27%	26%	17%	65%	65%	47%	9%
			**	**	AV.AW*	AV.AW	AW*	*
No, I don't	53%	57%	54%	43%	27%	21%	39%	72%
		AP	AP	**	*	*	AU*	AT.AU.AV
Don't know	18%	16%	21%	40%	8%	14%	14%	19%
			**	**	*	*	*	AT

nyr_q4. Which, if any, of the following New Year's resolutions do you plan to make for 2020? Please select all that apply.

Unweighted base	322	151	53	2	53	145	41	63
Base: All US Adults who said that they intend to make resolutions in 2020	332	152	57	2	56	148	42	62
Lose weight	37%	41%	37%	-	31%	42%	39%	34%
			*	**	*	*	*	*
Exercise more	50%	50%	43%	100%	30%	58%	46%	52%
			*	**	*	AT	*	AT*
Eat more healthily	43%	47%	41%	55%	34%	47%	49%	42%
			*	**	*	*	*	*
Stop drinking alcohol completely	10%	5%	8%	-	24%	6%	15%	6%
			*	**	AU.AW*	*	*	*
Drink less alcohol	15%	16%	8%	45%	17%	16%	10%	13%
			*	**	*	*	*	*
Stop smoking completely	12%	11%	8%	45%	15%	12%	23%	5%
			*	**	*	*	AW*	*
Smoke less	8%	6%	13%	-	5%	8%	20%	4%
			*	**	*	*	AU.AW*	*
Get more sleep	30%	30%	29%	45%	27%	35%	25%	24%
			*	**	*	*	*	*
Reduce stress	34%	34%	29%	55%	27%	37%	36%	29%
			*	**	*	*	*	*
Stick to a budget	30%	28%	28%	55%	8%	38%	28%	29%
			*	**	*	AT	AT*	AT*
Save money	49%	46%	46%	55%	32%	55%	49%	47%
			*	**	*	AT	*	*
Travel more	25%	19%	25%	-	24%	25%	31%	25%

YouGov RealTime
New Year_s Resolutions

US_nat_int Sample: 18th - 19th December 2019



	Total	Gender		Generation						Region					
		Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	White
				**	*	*	**	**	**	**	*	*	*	*	*
Improve relationships and/ or spend more time with family	24%	23%	26%	23%	26%	24%	23%	10%	-	-	24%	24%	24%	25%	22%
Make more friends	19%	16%	22%	31%	22%	18%	11%	10%	-	-	19%	26%	11%	25%	22%
Improve my relationship with my partner	24%	23%	25%	4%	30%	21%	18%	35%	-	-	19%	23%	26%	25%	20%
Find love/ start a romantic relationship	12%	13%	11%	42%	13%	3%	11%	10%	-	-	15%	10%	11%	12%	14%
Dress better/ improve my sense of style	14%	12%	16%	46%	14%	6%	14%	-	-	-	17%	15%	10%	15%	14%
Learn a new skill	25%	25%	24%	18%	34%	22%	13%	-	-	-	24%	19%	25%	30%	22%
Spend more time volunteering in my community	18%	15%	20%	18%	20%	14%	17%	16%	-	-	28%	17%	16%	14%	17%
Focus on my spiritual growth	28%	24%	32%	9%	28%	29%	32%	38%	-	-	31%	27%	29%	24%	27%
Spend less time on social media	14%	13%	16%	14%	17%	10%	12%	16%	-	-	11%	17%	13%	16%	16%
Get a different job	15%	12%	17%	26%	19%	14%	5%	-	-	-	19%	15%	15%	11%	15%
Get promoted and/ or get a raise at my current job	9%	9%	9%	4%	16%	5%	3%	-	-	-	7%	6%	8%	15%	11%
Spend less time focusing on work	7%	7%	7%	5%	11%	4%	2%	-	-	-	5%	4%	8%	9%	8%
Other	6%	6%	6%	-	4%	10%	7%	13%	-	-	4%	8%	6%	7%	8%
Don't know	1%	1%	1%	5%	1%	1%	-	14%	-	-	-	3%	1%	-	1%

nyr_q5. In general, how confident, if at all, are you that you will be able to stick to all of the New Year's resolutions you make for 2020?

Unweighted base	322	143	179	17	143	82	73	7	-	-	58	76	120	68	203
Base: All US Adults who said that they intend to make resolutions in 2020	332	167	165	19	149	80	75	9	-	-	59	71	128	74	200
Very confident	29%	32%	27%	-	39%	28%	18%	29%	-	-	39%	24%	28%	30%	23%
Somewhat confident	48%	41%	54%	35%	45%	43%	60%	38%	-	-	38%	52%	51%	44%	54%
Not very confident	20%	24%	16%	65%	13%	23%	19%	34%	-	-	18%	22%	17%	26%	20%
Not at all confident	2%	2%	2%	-	1%	5%	-	-	-	-	1%	1%	3%	-	2%
Don't know	1%	2%	1%	-	1%	1%	3%	-	-	-	3%	1%	1%	-	0%

nyr_q6. Are your 2020 resolutions the same as your 2019 resolutions? Please select the option that best applies.

Unweighted base	259	115	144	14	119	65	56	5	-	-	45	57	99	58	159
Base: All US Adults who had resolutions in 2019 and plan to have them in 2020	269	137	133	16	126	64	57	6	-	-	45	53	107	65	158
They are all the same	12%	13%	12%	5%	13%	13%	10%	17%	-	-	13%	14%	13%	8%	13%
Some of them are the same, but I also have some new ones for 2020	64%	62%	66%	59%	67%	59%	68%	45%	-	-	59%	64%	61%	73%	65%
None of them are the same	21%	23%	18%	36%	18%	23%	19%	38%	-	-	25%	20%	22%	15%	19%

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New Year_s Resolutions

US_nat_int Sample: 18th - 19th December 2019



	Total	Race			Education				Marital Status						
		Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Civil Partnership	Living together, not married or civil partnership	In a relationship, not living together	NET: In a relationship	Single	Divorced
		*	*	**	*	*	*	*		**	**	**	*	**	
Improve relationships and/ or spend more time with family	24%	25%	24%	44%	26%	28%	17%	22%	23%	46%	31%	35%	26%	19%	31%
Make more friends	19%	13%	11%	19%	19%	23%	16%	12%	14%	87%	6%	23%	16%	27%	19%
Improve my relationship with my partner	24%	33%	35%	14%	27%	22%	20%	26%	26%	13%	37%	53%	30%	18%	19%
Find love/ start a romantic relationship	12%	8%	8%	12%	16%	12%	9%	2%	4%	-	-	19%	5%	22%	15%
Dress better/ improve my sense of style	14%	20%	10%	11%	12%	20%	12%	3%	10%	-	22%	31%	14%	16%	10%
Learn a new skill	25%	38%	13%	52%	20%	30%	25%	26%	23%	-	29%	28%	23%	32%	11%
Spend more time volunteering in my community	18%	11%	22%	25%	14%	22%	23%	11%	17%	41%	15%	31%	19%	18%	15%
Focus on my spiritual growth	28%	33%	27%	32%	31%	23%	33%	25%	28%	-	28%	27%	27%	28%	36%
Spend less time on social media	14%	10%	5%	29%	6%	18%	24%	16%	13%	-	7%	37%	14%	17%	18%
Get a different job	15%	14%	11%	23%	11%	16%	25%	9%	10%	-	12%	37%	12%	20%	15%
Get promoted and/ or get a raise at my current job	9%	4%	4%	11%	4%	13%	9%	14%	8%	-	-	9%	7%	17%	3%
Spend less time focusing on work	7%	4%	4%	7%	3%	8%	6%	15%	7%	41%	6%	9%	8%	5%	-
Other	6%	2%	6%	-	4%	8%	6%	9%	7%	-	12%	5%	7%	4%	9%
Don't know	1%	6%	-	-	2%	1%	-	-	1%	-	-	-	1%	2%	-

nyr_q5. In general, how confident, if at all, are you that you will be able to stick to all of the New Year's resolutions you make for 2020?

Unweighted base	322	44	50	25	105	111	65	41	140	3	29	21	193	89	24
Base: All US Adults who said that they intend to make resolutions in 2020	332	42	65	25	132	99	61	39	139	6	30	20	195	95	25
Very confident	29%	43%	40%	23%	31%	24%	34%	29%	33%	46%	19%	27%	31%	27%	29%
Somewhat confident	48%	41%	34%	44%	46%	45%	57%	44%	48%	54%	59%	41%	49%	43%	52%
Not very confident	20%	12%	23%	29%	19%	28%	8%	24%	16%	-	23%	33%	18%	26%	10%
Not at all confident	2%	2%	-	-	1%	2%	2%	2%	3%	-	-	-	2%	1%	-
Don't know	1%	2%	3%	4%	3%	1%	-	-	-	-	-	-	-	3%	8%

nyr_q6. Are your 2020 resolutions the same as your 2019 resolutions? Please select the option that best applies.

Unweighted base	259	38	41	21	85	84	52	38	110	3	22	19	154	72	21
Base: All US Adults who had resolutions in 2019 and plan to have them in 2020	269	38	53	21	110	74	49	36	105	6	23	19	154	80	23
They are all the same	12%	11%	9%	13%	8%	14%	19%	11%	16%	-	3%	5%	12%	12%	16%
Some of them are the same, but I also have some new ones for 2020	64%	73%	59%	56%	63%	72%	52%	69%	62%	41%	73%	79%	65%	67%	48%
None of them are the same	21%	11%	32%	22%	27%	12%	22%	17%	16%	59%	20%	16%	19%	20%	36%

YouGov RealTime
New Year_s Resolutions

US_nat_int Sample: 18th - 19th December 2019



Total	Parent or guardian of any children				Income										
	Widowed	Separated	Other	Prefer not to say	Younger than 18	18 or over	NET: Any age	Not a parent / guardian	Don't know / Prefer not to say	Under \$40k	\$40k to \$80k	\$80k+	Don't know / Prefer not to say	Urban	
	**	**	**	**	*	*		AG,AH,AI	**	AM*	*	*	**	AQ*	
Improve relationships and/ or spend more time with family	24%	27%	36%	-	-	27%	19%	24%	25%	15%	25%	29%	21%	19%	27%
Make more friends	19%	9%	-	-	-	19%	9%	16%	24%	13%	23%	13%	16%	21%	26%
Improve my relationship with my partner	24%	-	-	-	-	25%	19%	24%	25%	16%	27%	24%	24%	11%	27%
Find love/ start a romantic relationship	12%	18%	36%	-	100%	4%	8%	6%	20%	15%	13%	11%	5%	30%	12%
Dress better/ improve my sense of style	14%	-	-	-	-	7%	10%	8%	21%	30%	18%	10%	12%	10%	15%
Learn a new skill	25%	13%	36%	-	-	22%	11%	18%	34%	29%	27%	22%	23%	23%	36%
Spend more time volunteering in my community	18%	5%	-	-	-	18%	11%	17%	20%	-	21%	14%	18%	12%	24%
Focus on my spiritual growth	28%	27%	36%	100%	-	22%	36%	28%	28%	28%	34%	31%	16%	28%	31%
Spend less time on social media	14%	-	-	-	-	12%	9%	10%	19%	33%	15%	14%	14%	13%	16%
Get a different job	15%	-	36%	-	-	17%	5%	12%	19%	-	18%	15%	10%	9%	10%
Get promoted and/ or get a raise at my current job	9%	-	-	-	-	8%	2%	6%	13%	-	8%	12%	10%	6%	12%
Spend less time focusing on work	7%	9%	-	-	-	8%	1%	6%	7%	17%	4%	2%	15%	7%	10%
Other	6%	-	-	-	-	4%	9%	7%	6%	-	7%	7%	6%	-	4%
Don't know	1%	8%	-	-	-	-	2%	1%	1%	14%	2%	1%	-	3%	-

nyr_q5. In general, how confident, if at all, are you that you will be able to stick to all of the New Year's resolutions you make for 2020?

Unweighted base	322	11	3	1	1	123	76	186	129	7	126	80	87	29	116
Base: All US Adults who said that they intend to make resolutions in 2020	332	10	3	1	3	128	78	193	132	6	140	78	85	29	121
Very confident	29%	21%	36%	100%	-	39%	23%	33%	23%	30%	32%	26%	28%	29%	38%
Somewhat confident	48%	50%	36%	-	100%	44%	50%	46%	49%	56%	45%	57%	46%	40%	45%
Not very confident	20%	29%	28%	-	-	14%	24%	18%	24%	15%	20%	16%	24%	21%	16%
Not at all confident	2%	-	-	-	-	3%	-	2%	2%	-	1%	1%	2%	3%	1%
Don't know	1%	-	-	-	-	-	3%	1%	2%	-	2%	-	-	6%	-

nyr_q6. Are your 2020 resolutions the same as your 2019 resolutions? Please select the option that best applies.

Unweighted base	259	8	2	1	1	102	57	148	104	7	103	60	72	24	101
Base: All US Adults who had resolutions in 2019 and plan to have them in 2020	269	7	2	1	3	104	59	153	110	6	115	58	71	25	105
They are all the same	12%	17%	-	-	-	14%	10%	13%	11%	13%	14%	13%	9%	11%	19%
Some of them are the same, but I also have some new ones for 2020	64%	52%	50%	100%	100%	58%	62%	60%	70%	70%	62%	61%	75%	52%	62%
None of them are the same	21%	20%	50%	-	-	23%	23%	23%	18%	17%	23%	21%	12%	33%	18%

YouGov RealTime
New Year_s Resolutions

US_nat_int Sample: 18th - 19th December 2019



	Total	Type of Area Lived in			2019 Resolutions			
		Suburban/ Town	Rural	Other	All	Some	None	Did not make resolutions
			*	**	*		*	*
Improve relationships and/ or spend more time with family	24%	20%	29%	100%	19%	27%	36%	17%
Make more friends	19%	16%	12%	-	19%	20%	18%	17%
Improve my relationship with my partner	24%	22%	22%	55%	18%	24%	34%	17%
Find love/ start a romantic relationship	12%	10%	16%	-	13%	14%	14%	6%
Dress better/ improve my sense of style	14%	12%	14%	55%	10%	17%	15%	10%
Learn a new skill	25%	16%	22%	55%	27%	29%	27%	12%
Spend more time volunteering in my community	18%	12%	18%	55%	27%	18%	14%	12%
Focus on my spiritual growth	28%	25%	31%	55%	16%	33%	29%	26%
Spend less time on social media	14%	10%	22%	-	13%	17%	13%	14%
Get a different job	15%	15%	25%	-	23%	13%	11%	13%
Get promoted and/ or get a raise at my current job	9%	7%	6%	-	5%	14%	4%	7%
Spend less time focusing on work	7%	5%	1%	45%	12%	7%	5%	3%
Other	6%	7%	9%	-	2%	5%	2%	14%
Don't know	1%	2%	1%	-	1%	1%	-	3%

nyr_q5. In general, how confident, if at all, are you that you will be able to stick to all of the New Year's resolutions you make for 2020?

Unweighted base	322	151	53	2	53	145	41	63
Base: All US Adults who said that they intend to make resolutions in 2020	332	152	57	2	56	148	42	62
Very confident	29%	24%	26%	-	68%	21%	19%	25%
Somewhat confident	48%	49%	48%	55%	24%	64%	35%	46%
Not very confident	20%	22%	22%	45%	9%	14%	42%	22%
Not at all confident	2%	3%	-	-	-	1%	-	5%
Don't know	1%	2%	4%	-	-	1%	5%	3%

nyr_q6. Are your 2020 resolutions the same as your 2019 resolutions? Please select the option that best applies.

Unweighted base	259	117	39	2	53	145	41	-
Base: All US Adults who had resolutions in 2019 and plan to have them in 2020	269	119	43	2	56	148	42	-
They are all the same	12%	9%	5%	-	21%	9%	12%	-
Some of them are the same, but I also have some new ones for 2020	64%	69%	55%	55%	44%	74%	59%	-
None of them are the same	21%	18%	35%	-	31%	17%	28%	-

YouGov RealTime
New Year_s Resolutions

US_nat_int Sample: 18th - 19th December 2019



Total	Gender		Generation							Region				
	Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	White
Don't know	3%													
	2% *	5%	- **	3% *	6% *	2% *	- **	- **	- **	3% *	2% *	3% *	4% *	3%

nyr_q7. Thinking in general about your life in 2020 in comparison to 2019...if you had to guess, do you think that your life will be better, worse, or the same in 2020?

Unweighted base	1174	531	643	34	380	289	416	55	-	-	218	262	433	261	775
Base: All US Adults	1174	571	603	40	386	277	407	65	-	-	209	247	442	277	757
I think my life will be much better in 2020	21%	22%	21%	28% **	25% F,G	22%	18%	10% *	- **	- **	25%	22%	21%	18%	19%
I think my life will be somewhat better in 2020	27%	27%	28%	22% **	29%	29%	25%	36% *	- **	- **	21%	33% J	28%	26%	28%
I think my life will be the same in 2020	28%	27%	30%	15% **	21%	27%	36% D,E	40% D*	- **	- **	27%	26%	27%	33%	34% O,P,Q
I think my life will be somewhat worse in 2020	7%	9% B	5%	15% **	5%	7%	8%	3% *	- **	- **	7%	5%	9% M	4%	7%
I think my life will be much worse in 2020	5%	7% B	3%	2% **	10% E,F	2%	3%	4% *	- **	- **	6% K	1%	5% K	7% K	3%
Don't know	11%	10%	13%	19% **	11%	13%	10%	8% *	- **	- **	13%	12%	10%	12%	10%

Cell Contents (Column Percentages, Statistical Test Results), Statistics (Column Proportions, (95%): A/B, C/D/E/F/G/H/I, J/K/L/M, N/O/P/Q, R/S/T/U, V/W/X/Y/Z/AA/AB/AC/AD/AE/AF, AG/AH/AI/AJ/AK, AL/AM/AN/AO, AP/AQ/AR/AS, AT/AU/AV/AW, Minimum Base: 30 (**), Small Base

YouGov RealTime
New Year_s Resolutions

US_nat_int Sample: 18th - 19th December 2019



Total	Race			Education				Marital Status						
	Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Civil Partnership	Living together, not married or civil partnership	In a relationship, not living together	NET: In a relationship	Single	Divorced
Don't know	3%													
	4% **	- **	9% **	2% *	2% *	6% *	3% *	5%	- **	4% **	- **	4%	1% *	- **

nyr_q7. Thinking in general about your life in 2020 in comparison to 2019...if you had to guess, do you think that your life will be better, worse, or the same in 2020?

Unweighted base	1174	151	150	98	420	409	221	124	550	7	82	47	686	278	121
Base: All US Adults	1174	138	184	95	474	364	213	123	542	14	77	46	679	285	120
I think my life will be much better in 2020	21%	34%	21%	26%	24%	19%	18%	22%	22%	26%	30%	31%	23%	19%	15%
		N.P	*	*						**	AB.AC*	AB.AC*	V		
I think my life will be somewhat better in 2020	27%	26%	25%	30%	19%	33%	37%	30%	26%	-	33%	36%	27%	29%	31%
			*	*		R	R	R		**	*	*			
I think my life will be the same in 2020	28%	14%	21%	21%	29%	25%	32%	29%	34%	34%	17%	22%	31%	21%	31%
			*	*					X.Z.AA	**	*	*	X.AA		X
I think my life will be somewhat worse in 2020	7%	6%	7%	5%	7%	7%	5%	6%	7%	-	5%	2%	7%	7%	8%
			*	*						**	*	*			
I think my life will be much worse in 2020	5%	4%	13%	5%	8%	4%	1%	3%	2%	41%	11%	4%	4%	8%	2%
			N.O*	*	T	T				**	V.Z.AB*	*	V	V.Z	
Don't know	11%	16%	13%	14%	13%	12%	7%	10%	9%	-	4%	6%	8%	16%	13%
		N	*	*	T					**	*	*	V.X.Z		X

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YouGov RealTime
New Year_s Resolutions

US_nat_int Sample: 18th - 19th December 2019



Total	Parent or guardian of any children				Income					Urban				
	Widowed	Separated	Other	Prefer not to say	Younger than 18	18 or over	NET: Any age	Not a parent / guardian	Don't know / Prefer not to say		Under \$40k	\$40k to \$80k	\$80k+	Don't know / Prefer not to say
Don't know	3%	10%	-	-	5%	4%	4%	2%	-	2%	5%	4%	4%	1%
	**	**	**	**	*	*		*	**	*	*	*	**	*

nyr_q7. Thinking in general about your life in 2020 in comparison to 2019...if you had to guess, do you think that your life will be better, worse, or the same in 2020?

	Unweighted base	Widowed	Separated	Other	Prefer not to say	Younger than 18	18 or over	NET: Any age	Not a parent / guardian	Don't know / Prefer not to say	Under \$40k	\$40k to \$80k	\$80k+	Don't know / Prefer not to say	Urban
Unweighted base	1174	58	16	5	10	318	391	666	471	37	410	300	296	168	372
Base: All US Adults	1174	56	17	4	13	313	391	662	472	39	426	300	281	168	379
I think my life will be much better in 2020	21%	14%	33%	19%	28%	26%	17%	21%	20%	35%	24%	21%	22%	14%	25%
		*	**	**	**	AH.AI		AH		AH*	AO				AQ
I think my life will be somewhat better in 2020	27%	27%	17%	9%	15%	26%	28%	27%	30%	15%	23%	31%	32%	25%	26%
		*	**	**	**					*		AL	AL		
I think my life will be the same in 2020	28%	36%	16%	-	7%	26%	35%	32%	25%	14%	26%	32%	29%	25%	22%
		X.AA*	**	**	**		AG.AI.AJ.AK	AG.AJ.AK		*					
I think my life will be somewhat worse in 2020	7%	7%	5%	-	-	7%	6%	7%	7%	4%	9%	5%	6%	5%	7%
		*	**	**	**					*					
I think my life will be much worse in 2020	5%	3%	17%	22%	-	8%	3%	5%	5%	3%	8%	2%	4%	3%	8%
		*	**	**	**	AH.AI		AH		*	AM.AN.AO				AQ.AR
Don't know	11%	13%	11%	50%	50%	6%	11%	9%	13%	29%	10%	8%	7%	28%	11%
		X*	**	**	**		AG	AG	AG.AI	AG.AH.AI.AJ*				AL.AM.AN	

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YouGov RealTime
New Year_s Resolutions

US_nat_int Sample: 18th - 19th December 2019



Total	Type of Area Lived in			2019 Resolutions				
	Suburban/ Town	Rural	Other	All	Some	None	Did not make resolutions	
Don't know	3%	4%	5%	45%	4%	1%	2%	-
		*	**	*		*	**	

nyr_q7. Thinking in general about your life in 2020 in comparison to 2019...if you had to guess, do you think that your life will be better, worse, or the same in 2020?

	Unweighted base	Suburban/ Town	Rural	Other	All	Some	None	Did not make resolutions
	1174	571	222	9	85	228	92	682
Base: All US Adults	1174	562	221	12	86	227	90	674
I think my life will be much better in 2020	21%	17%	25%	6%	32%	30%	23%	18%
			AQ	**	AW*	AW	*	
I think my life will be somewhat better in 2020	27%	28%	28%	17%	17%	33%	28%	26%
			**	**	*	AT	*	
I think my life will be the same in 2020	28%	33%	28%	15%	15%	22%	31%	32%
		AP	**	**	*	AT*	AT.AU	
I think my life will be somewhat worse in 2020	7%	6%	7%	7%	6%	6%	12%	7%
		**	**	**	*	*	*	
I think my life will be much worse in 2020	5%	4%	1%	7%	23%	6%	3%	3%
		**	**	**	AU.AV.AW*	AW	*	
Don't know	11%	11%	11%	48%	7%	4%	3%	14%
		**	**	**	*	*	*	AU.AV

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