YouGov
What the world thinks

NYRs2019
Fieldwork Dates: 6th - 7th December 2018

Conducted by YouGov
On behalf of Editorial

Editorial
NYRs2019

US_nat Sample: 6th - 7th December 2018

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	Total	Gender		Age			Region				Race				
		Male	Female	18 to 34	35 to 54	55+	Northeast	Midwest	South	West	White	Black	Hispanic	Other (NET)	No HS, High school graduate
		A	B	C	D	E	F	G	H	I	J	K	L	M	N

GEN_q1. How many, if any, of the New Year's resolutions that you made for 2018 did you stick to?

	Total	Male A	Female B	18 to 34 C	35 to 54 D	55+ E	Northeast F	Midwest G	South H	West I	White J	Black K	Hispanic L	Other (NET) M	No HS, High school graduate N
Unweighted base	1215	551	664	357	422	436	235	279	453	248	834	147	162	72	465
Base: All US adults	1210	599	610	363	427	420	234	276	450	250	804	149	186	70	506
All	4%	5%	4%	5%	5%	4%	4%	3%	5%	6%	4%	4%	6%	5% *	4%
Most	8%	9%	7%	10% E	10% E	3%	6%	8%	8%	10%	6%	9%	14% J	12% *	8%
Some	16%	15%	16%	20% E	15%	13%	15%	13%	17%	16%	13%	18%	24% J	18% *	14%
None	13%	13%	14%	12%	16% E	11%	16%	12%	13%	13%	13%	16%	14%	12% *	16% P.Q
Don't know	4%	4%	4%	7% D.E	3%	3%	2%	5%	4%	6% F	3%	3%	11% J.K	7% *	6% Q
Not applicable - I did not make any New Year's resolutions for 2018	54%	54%	55%	45%	50%	66% C.D	57%	59% I	53%	49%	61% K.L.M	49% L	32%	46% L*	52%

GEN_q2. Do you plan to make New Year's resolutions for 2019?

	Total	Male A	Female B	18 to 34 C	35 to 54 D	55+ E	Northeast F	Midwest G	South H	West I	White J	Black K	Hispanic L	Other (NET) M	No HS, High school graduate N
Unweighted base	1215	551	664	357	422	436	235	279	453	248	834	147	162	72	465
Base: All US adults	1210	599	610	363	427	420	234	276	450	250	804	149	186	70	506
Yes, I do	26%	27%	26%	33% E	30% E	17%	20%	25%	28% F	32% F	24%	27%	34% J	29% *	23%
No, I don't	55%	57%	53%	48%	49%	66% C.D	60%	57%	53%	51%	58% L	59% L	41%	49% *	56%
Don't know	19%	16%	21% A	19%	21%	16%	20%	17%	20%	17%	18%	14%	25% J.K	22% *	21% Q

GEN_q3. Which, if any, of the following New Year's resolutions do you plan to make for 2019? Please select all that apply.

	Total	Male A	Female B	18 to 34 C	35 to 54 D	55+ E	Northeast F	Midwest G	South H	West I	White J	Black K	Hispanic L	Other (NET) M	No HS, High school graduate N
Unweighted base	318	143	175	123	121	74	47	69	125	77	204	40	52	22	107
Base: US adults Who Plan to Make 2019 Resolutions	320	161	159	121	126	72	47	69	124	79	196	40	64	20	118
Lose weight	48%	46%	51%	43%	51%	53% *	55% *	53% *	49%	38% *	46%	44% *	55% *	51% **	51% *
Exercise more	59%	57%	60%	57%	57%	66% *	67% *	62% *	56%	56% *	57%	59% *	59% *	73% **	54% *
Eat healthier	54%	55%	54%	56%	50%	57% *	60% *	55% *	58%	44% *	53%	60% *	52% *	60% **	52% *
Stop drinking/drink less	8%	11% B	4%	7%	9%	5% *	10% *	7% *	4%	12% H*	3%	12% J*	18% J*	5% **	9% *
Stop smoking/smoke less	10%	11%	9%	11%	11%	9% *	9% *	16% *	10%	7% *	11%	12% *	12% *	- **	15% O*
Get more sleep	31%	32%	30%	36%	28%	28% *	35% *	34% *	29%	29% *	30%	18% *	38% *	51% **	33% *
Reduce stress	38%	31%	46% A	42%	38%	33% *	42% *	41% *	41%	30% *	33%	45% *	44% *	55% **	43% *
Stick to a budget	35%	37%	34%	38% D	25%	49% D*	34% *	35% *	35%	37% *	30%	40% *	46% *	39% **	34% *
Save money	51%	53%	49%	58%	47%	45% *	55% *	54% *	44%	57% *	47%	56% *	53% *	67% **	48% *
Travel more	24%	26%	23%	30%	20%	23% *	27% *	25% *	24%	23% *	20%	22% *	37% J*	33% **	20% *
Spend more time with family	30%	28%	32%	34%	29%	25% *	39% *	28% *	30%	26% *	29%	16% *	42% K*	28% **	36% P*
Make more friends	22%	22%	21%	28% D	16%	20% *	22% *	14% *	21%	28% *	19%	22% *	28% *	23% **	22% *
Improve my relationship with my partner	22%	17%	27%	32%	22%	5% *	16% *	25% *	21%	24% *	25%	11% *	21% *	18% *	26% *

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	Total	Education			Marital Status						Children under the age of 18		Income		
		Some college, 2-year	4-year	Post Grad	Married	Separated	Divorced	Widowed	Never married	Domestic / civil partnership	Yes	No	Under $40k	$40k to $80k	$80k+
		O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB

GEN_q1. How many, if any, of the New Year's resolutions that you made for 2018 did you stick to?

	Total	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB
Unweighted base	1215	401	222	127	573	21	138	64	345	74	367	848	436	344	273
Base: All US adults	1210	381	207	115	565	21	136	64	350	74	363	847	439	342	267
All	4%	4%	5%	5%	5%	5% **	4%	- *	6% W	- *	7% Y	3%	5%	3%	5%
Most	8%	8%	8%	10%	9%	14% **	4%	9% *	9%	6% *	12% Y	6%	9%	8%	7%
Some	16%	16%	18%	18%	15%	13% **	18%	15% *	15%	25% R.V*	21% Y	14%	18%	16%	14%
None	13%	15% P.Q	6%	7%	12%	5% **	16%	13% *	15%	16% *	14%	13%	15% AC	16% AC	11%
Don't know	4%	4%	4%	1%	4%	5% **	3%	4% *	5%	3% *	4%	4%	3%	5%	3%
Not applicable - I did not make any New Year's resolutions for 2018	54%	53%	59%	59%	56%	58% **	55%	59% *	51%	49% *	42%	59% X	51%	52%	59% Z

GEN_q2. Do you plan to make New Year's resolutions for 2019?

	Total	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB
Unweighted base	1215	401	222	127	573	21	138	64	345	74	367	848	436	344	273
Base: All US adults	1210	381	207	115	565	21	136	64	350	74	363	847	439	342	267
Yes, I do	26%	27%	31% N	31%	25%	27% **	21%	18% *	31% T	34% T.U*	37% Y	22%	27%	28%	27%
No, I don't	55%	55%	52%	56%	57% V.W	50% **	64% V.W	58% *	50%	44% *	44%	59% X	54%	54%	58%
Don't know	19%	19%	17%	12%	18%	23% **	15%	24% *	20%	22% *	19%	19%	20%	18%	15%

GEN_q3. Which, if any, of the following New Year's resolutions do you plan to make for 2019? Please select all that apply.

	Total	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB
Unweighted base	318	107	65	39	139	5	29	11	108	26	131	187	116	95	71
Base: US adults Who Plan to Make 2019 Resolutions	320	101	64	36	141	6	29	12	107	25	133	187	117	97	71
Lose weight	48%	44% *	47%	51% *	51%	50% **	37% **	42% **	49%	45% **	52%	46%	43%	55% *	43% *
Exercise more	59%	66% *	53% *	66% *	55%	100% **	55% **	57% **	64%	53% **	57%	60%	52%	62% *	59% *
Eat healthier	54%	61% *	47% *	54% *	46%	67% **	47% **	55% **	66% R	51% **	49%	58%	55%	56% *	47% *
Stop drinking/drink less	8%	7% *	8% *	2% *	6%	- **	- **	- **	12%	8% **	11%	5%	9%	8% *	5% *
Stop smoking/smoke less	10%	6% *	9% *	8% *	10%	- **	11% **	- **	11%	19% **	11%	10%	13%	10% *	10% *
Get more sleep	31%	27% *	27% *	44% *	30%	65% **	29% **	42% **	33%	21% **	32%	31%	27%	34% *	33% *
Reduce stress	38%	37% *	33% *	35% *	33%	100% **	30% **	34% **	42%	49% **	42%	36%	42% AB	43% AB*	21% *
Stick to a budget	35%	36% *	38% *	29% *	35%	49% **	40% **	56% **	35%	17% **	34%	36%	34%	37% *	35% *
Save money	51%	57% *	49% *	46% *	43%	84% **	46% **	57% **	59% R	57% **	49%	52%	59%	45% *	45% *
Travel more	24%	26% *	26% *	32% *	19%	50% **	35% **	- **	24%	47% **	26%	23%	20%	25% *	21% *
Spend more time with family	30%	28% *	19% *	33% *	29%	35% **	36% **	17% **	26%	46% **	36%	25%	30%	33% *	21% *
Make more friends	22%	25% *	20% *	16% *	15%	50% **	20% **	40% **	27% R	19% **	21%	22%	18%	19% *	22% *
Improve my relationship with my partner	22%	21%	18%	19%	28%	-	15%	8%	16%	30%	30%	16%	24%	25%	15%

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	Total	Prefer not to say
		AC

GEN_q1. How many, if any, of the New Year's resolutions that you made for 2018 did you stick to?

	Total	Prefer not to say
Unweighted base	1215	162
Base: All US adults	1210	162
All	4%	3%
Most	8%	7%
Some	16%	13%
None	13%	6%
Don't know	4%	10% Z.AA.AB
Not applicable - I did not make any New Year's resolutions for 2018	54%	61% Z

GEN_q2. Do you plan to make New Year's resolutions for 2019?

	Total	Prefer not to say
Unweighted base	1215	162
Base: All US adults	1210	162
Yes, I do	26%	21%
No, I don't	55%	54%
Don't know	19%	25% AB

GEN_q3. Which, if any, of the following New Year's resolutions do you plan to make for 2019? Please select all that apply.

	Total	Prefer not to say
Unweighted base	318	36
Base: US adults Who Plan to Make 2019 Resolutions	320	35
Lose weight	48%	56% *
Exercise more	59%	72% Z*
Eat healthier	54%	61% *
Stop drinking/drink less	8%	7% *
Stop smoking/smoke less	10%	7% *
Get more sleep	31%	35% *
Reduce stress	38%	50% AB*
Stick to a budget	35%	36% *
Save money	51%	52% *
Travel more	24%	42% Z.AB*
Spend more time with family	30%	35% *
Make more friends	22%	38% Z.AA*
Improve my relationship with my partner	22%	21%

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	Total	Gender		Age			Region				Race				No HS, High school graduate
		Male	Female	18 to 34	35 to 54	55+	Northeast	Midwest	South	West	White	Black	Hispanic	Other (NET)	
				E	E	*	*	*		*		*	*	**	*
Find love/start a romantic relationship	17%	20%	13%	22% D	11%	18% *	30% G.H*	13% *	15%	15% *	13%	23% *	26% J*	17% **	19% *
Dress better/improve my sense of style	18%	19%	17%	25% D	14%	14% *	32% H.I*	16% *	16%	15% *	16%	12% *	26% *	23% **	19% *
Learn a new skill	27%	28%	25%	36% D.E	21%	21% *	45% G.H.I*	17% *	26%	25% *	23%	30% *	28% *	49% **	18% *
Spend more time volunteering in my community	14%	14%	13%	16%	11%	15% *	14% *	16% *	15%	11% *	13%	15% *	15% *	17% **	11% *
Spend less time on social media	19%	20%	17%	28% D.E	14%	11% *	19% *	16% *	18%	23% *	16%	12% *	31% J.K*	23% **	23% *
Get a better job	22%	25%	19%	39% D.E	15%	7% *	21% *	20% *	25%	21% *	17%	26% *	35% J*	21% **	21% *
Get promoted and/or get a raise at my current job	10%	11%	10%	16% E	9%	3% *	14% *	8% *	11%	9% *	13%	2% *	10% *	4% **	12% *
Spend less time focused on work	7%	9%	6%	7%	8%	6% *	8% *	3% *	7%	11% *	7%	2% *	9% *	13% **	9% *
Other	5%	2%	7% A	3%	5%	8% *	4% *	9% *	4%	3% *	6%	4% *	- *	4% **	6% *
Don't know	1%	2%	-	2%	2%	- *	- *	2% *	-	4% H*	2%	- *	- *	4% **	1% *

GEN_q4. How confident, if at all, are you that you will be able to stick to your New Year's resolutions for 2019?

	Total	Male	Female	18 to 34	35 to 54	55+	Northeast	Midwest	South	West	White	Black	Hispanic	Other (NET)	No HS, High school graduate
Unweighted base	318	143	175	123	121	74	47	69	125	77	204	40	52	22	107
Base: US adults Who Plan to Make 2019 Resolutions	320	161	159	121	126	72	47	69	124	79	196	40	64	20	118
Very confident	32%	31%	32%	37%	27%	29% *	35% *	21% *	36% G	33% *	24%	43% J*	50% J*	23% **	39% O*
Somewhat confident	58%	56%	59%	52%	63%	57% *	50% *	69% F*	54%	58% *	65% K.L	47% *	36% *	73% **	49% *
Not very confident	9%	10%	9%	9%	8%	12% *	16% *	9% *	9%	6% *	10%	10% *	9% *	4% **	10% *
Not at all confident	1%	2%	1%	1%	2%	1% *	- *	1% *	1%	2% *	1%	- *	4% *	- **	2% *

GEN_q5. Are your 2019 resolutions the same as your 2018 resolutions? Please select the option that best applies.

	Total	Male	Female	18 to 34	35 to 54	55+	Northeast	Midwest	South	West	White	Black	Hispanic	Other (NET)	No HS, High school graduate
Unweighted base	260	115	145	101	98	61	36	51	112	61	164	35	43	18	93
Base: US adults Who Made 2018 Resolutions and Plan to Make 2019 Resolutions	264	133	132	101	103	60	37	53	110	64	158	36	54	16	104
Yes, they are	22%	22%	21%	28% E*	20% *	13% *	17% *	16% *	24%	25% *	19%	15% *	34% *	17% **	23% *
Some of them are, but I also have some new ones for 2019	68%	67%	69%	62% *	69% *	75% *	73% *	73% *	65%	65% *	68%	73% *	64% *	71% **	65% *
No, none of them are	11%	11%	10%	10% *	11% *	12% *	9% *	11% *	11%	10% *	13%	12% *	2% *	12% **	12% *

To what extent do you agree or disagree with each of the following statements? Please select one option on each row.
GEN_q6_1. Most people probably don't stick to their New Year's resolutions

	Total	Male	Female	18 to 34	35 to 54	55+	Northeast	Midwest	South	West	White	Black	Hispanic	Other (NET)	No HS, High school graduate
Unweighted base	1215	551	664	357	422	436	235	279	453	248	834	147	162	72	465
Base: All US adults	1210	599	610	363	427	420	234	276	450	250	804	149	186	70	506
Strongly agree	45%	46%	44%	43%	47%	45%	47%	41%	48%	42%	46%	48%	39%	40% *	45%
Somewhat agree	35%	32%	37%	32%	33%	39%	30%	41% F.H	33%	36%	38% L	31%	26% *	35% *	32%
Neither agree nor disagree	13%	14%	12%	15%	13%	12%	14%	11%	13%	16%	11%	14%	24% J.K	13% *	15%

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	Total	Education			Marital Status						Children under the age of 18		Income		
		Some college, 2-year	4-year	Post Grad	Married	Separated	Divorced	Widowed	Never married	Domestic / civil partnership	Yes	No	Under $40k	$40k to $80k	$80k+
			*	*	V	**	**	**		**	Y			*	*
Find love/start a romantic relationship	17%	20%	13% *	6% *	6%	50% **	34% **	16% **	28% R	3% **	11%	21% X	13%	15% *	17% *
Dress better/improve my sense of style	18%	20%	11% *	21% *	13%	32% **	26% **	8% **	24% R	12% **	16%	19%	16%	21% *	17% *
Learn a new skill	27%	34% N	29% *	27% *	16%	50% **	23% **	8% **	40% R	34% **	24%	29%	23%	25% *	30% *
Spend more time volunteering in my community	14%	14%	17% *	16% *	13%	32% **	18% **	- **	15%	17% **	14%	14%	8%	10% *	24% Z.AA*
Spend less time on social media	19%	18%	15% *	13% *	14%	- **	27% **	17% **	25% R	13% **	15%	22%	16%	16% *	22% *
Get a better job	22%	24%	19% *	27% *	19%	32% **	8% **	11% **	30%	22% **	27%	19%	19%	19% *	17% *
Get promoted and/or get a raise at my current job	10%	9%	9% *	12% *	11%	- **	13% **	- **	12%	4% **	11%	10%	12%	7% *	9% *
Spend less time focused on work	7%	4%	4% *	17% O.P*	9%	18% **	10% **	- **	6%	- **	8%	6%	7%	5% *	11% *
Other	5%	6%	3% *	2% *	4%	17% **	4% **	- **	5%	8% **	2%	6%	6%	3% *	3% *
Don't know	1%	1%	1% *	3% *	1%	- **	- **	- **	1%	4% **	2%	1%	1%	- *	3% *

GEN_q4. How confident, if at all, are you that you will be able to stick to your New Year's resolutions for 2019?

	Total	Some college, 2-year	4-year	Post Grad	Married	Separated	Divorced	Widowed	Never married	Domestic / civil partnership	Yes	No	Under $40k	$40k to $80k	$80k+
Unweighted base	318	107	65	39	139	5	29	11	108	26	131	187	116	95	71
Base: US adults Who Plan to Make 2019 Resolutions	320	101	64	36	141	6	29	12	107	25	133	187	117	97	71
Very confident	32%	23% *	35% *	23% *	37% **	49% **	26% **	16% **	26%	32% **	40% Y	26%	29% *	26% *	38% *
Somewhat confident	58%	64% N	61% *	63% *	55% **	51% **	61% **	65% **	59%	62% **	53%	60%	60% *	62% *	51% *
Not very confident	9%	10%	4% *	14% *	6% **	- **	13% **	20% **	13%	7% **	5%	12% X	9% *	11% *	9% *
Not at all confident	1%	2%	- *	- *	2% **	- **	- **	- **	2%	- **	1%	1%	2% *	- *	2% *

GEN_q5. Are your 2019 resolutions the same as your 2018 resolutions? Please select the option that best applies.

	Total	Some college, 2-year	4-year	Post Grad	Married	Separated	Divorced	Widowed	Never married	Domestic / civil partnership	Yes	No	Under $40k	$40k to $80k	$80k+
Unweighted base	260	82	51	34	118	4	22	10	83	23	114	146	97	78	56
Base: US adults Who Made 2018 Resolutions and Plan to Make 2019 Resolutions	264	77	51	32	122	4	21	11	84	22	117	147	98	81	57
Yes, they are	22%	19% *	28% *	11% *	26% **	- **	13% **	- **	27% *	- **	31% Y	14%	19% *	22% *	23% *
Some of them are, but I also have some new ones for 2019	68%	69% *	63% *	83% *	66% **	75% **	73% **	93% **	65% *	68% **	60%	74% X	67% *	68% *	70% *
No, none of them are	11%	12% *	9% *	6% *	8% **	25% **	14% **	7% **	8% *	32% **	9%	12% *	14% *	10% *	6% *

To what extent do you agree or disagree with each of the following statements? Please select one option on each row.
GEN_q6_1. Most people probably don't stick to their New Year's resolutions

	Total	Some college, 2-year	4-year	Post Grad	Married	Separated	Divorced	Widowed	Never married	Domestic / civil partnership	Yes	No	Under $40k	$40k to $80k	$80k+
Unweighted base	1215	401	222	127	573	21	138	64	345	74	367	848	436	344	273
Base: All US adults	1210	381	207	115	565	21	136	64	350	74	363	847	439	342	267
Strongly agree	45%	45%	46%	44%	48% W	36% **	43% *	49%	44%	33% *	45%	45%	43%	46%	52% Z.AC
Somewhat agree	35%	33%	38%	46% N.O	34%	22% **	37%	35% *	35%	39% *	34%	35%	33%	36%	34%
Neither agree nor disagree	13%	13%	11%	9%	11%	32% **	16%	13% *	14%	16% *	13%	13%	16%	11%	11%

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	Total	Prefer not to say
		*
Find love/start a romantic relationship	17%	34% Z.AA*
Dress better/improve my sense of style	18%	19% *
Learn a new skill	27%	37% *
Spend more time volunteering in my community	14%	25% Z.AA*
Spend less time on social media	19%	30% *
Get a better job	22%	52% Z.AA.AB*
Get promoted and/or get a raise at my current job	10%	16% *
Spend less time focused on work	7%	5% *
Other	5%	8% *
Don't know	1%	3% *

GEN_q4. How confident, if at all, are you that you will be able to stick to your New Year's resolutions for 2019?

	Total	Prefer not to say
Unweighted base	318	36
Base: US adults Who Plan to Make 2019 Resolutions	320	35
Very confident	32%	44% *
Somewhat confident	58%	49% *
Not very confident	9%	5% *
Not at all confident	1%	2% *

GEN_q5. Are your 2019 resolutions the same as your 2018 resolutions? Please select the option that best applies.

	Total	Prefer not to say
Unweighted base	260	29
Base: US adults Who Made 2018 Resolutions and Plan to Make 2019 Resolutions	264	27
Yes, they are	22%	25% **
Some of them are, but I also have some new ones for 2019	68%	64% **
No, none of them are	11%	10% **

To what extent do you agree or disagree with each of the following statements? Please select one option on each row.
GEN_q6_1. Most people probably don't stick to their New Year's resolutions

	Total	Prefer not to say
Unweighted base	1215	162
Base: All US adults	1210	162
Strongly agree	45%	37%
Somewhat agree	35%	38%
Neither agree nor disagree	13%	15%

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	Total	Gender		Age			Region				Race				No HS, High school graduate
		Male	Female	18 to 34	35 to 54	55+	Northeast	Midwest	South	West	White	Black	Hispanic	Other (NET)	
Somewhat disagree	2%	2%	2%	4% D.E	2%	1%	2%	1%	3%	1%	1%	5% J	3%	4% *	1%
Strongly disagree	1%	1%	0%	1%	1%	0%	1%	1%	0%	1%	0%	2%	1%	3% J*	1%
Don't know	4%	4%	4%	4%	4%	4%	5%	4%	3%	5%	4%	2%	7%	5% *	6% Q

GEN_q6_2. New Year's resolutions are pointless

	Total	Male	Female	18 to 34	35 to 54	55+	Northeast	Midwest	South	West	White	Black	Hispanic	Other (NET)	No HS, High school graduate
Unweighted base	1215	551	664	357	422	436	235	279	453	248	834	147	162	72	465
Base: All US adults	1210	599	610	363	427	420	234	276	450	250	804	149	186	70	506
Strongly agree	25%	29% B	22%	23%	25%	27%	30% I	25%	26% I	19%	28% K	17%	20%	26% *	28%
Somewhat agree	23%	22%	23%	21%	23%	24%	19%	26%	21%	26%	25% L	19%	14%	27% L*	20%
Neither agree nor disagree	26%	24%	28%	24%	28%	27%	27%	19%	29% G	30% G	24%	34% J	29%	27% *	27%
Somewhat disagree	14%	14%	14%	16%	13%	12%	10%	16% F	15%	13%	13%	15%	16%	8% *	13%
Strongly disagree	9%	8%	10%	12% E	8%	7%	10%	12%	7%	8%	7%	12% J	13% J	12% *	7%
Don't know	3%	4%	3%	4%	3%	3%	5%	3%	3%	4%	3%	3%	7% J	1% *	5% Q

GEN_q6_3. Making New Year's resolutions has helped me improve my life

	Total	Male	Female	18 to 34	35 to 54	55+	Northeast	Midwest	South	West	White	Black	Hispanic	Other (NET)	No HS, High school graduate
Unweighted base	1215	551	664	357	422	436	235	279	453	248	834	147	162	72	465
Base: All US adults	1210	599	610	363	427	420	234	276	450	250	804	149	186	70	506
Strongly agree	8%	8%	8%	10% E	9% E	5%	7%	6%	9%	8%	6%	10%	16% J	8% *	9%
Somewhat agree	14%	14%	14%	19% E	14% E	10%	13%	14%	12%	19% H	14%	13%	15%	20% *	13%
Neither agree nor disagree	30%	29%	32%	27%	33%	30%	28%	31%	33%	28%	30%	31%	31%	28% *	29%
Somewhat disagree	11%	11%	11%	9%	9%	14% D	10%	11%	10%	13%	10%	14%	9%	11% *	10%
Strongly disagree	31%	32%	30%	26%	29%	37% C.D	38% H.I	33%	28%	27%	35% L	26%	18%	29% *	32%
Don't know	6%	7%	5%	8% E	5%	5%	5%	5%	8%	5%	5%	6%	11% J	4% *	7% Q

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, Minimum Base: 30 (**), Small Base: 100 (*))

	Total	Education			Marital Status						Children under the age of 18		Income		
		Some college, 2-year	4-year	Post Grad	Married	Separated	Divorced	Widowed	Never married	Domestic / civil partnership	Yes	No	Under $40k	$40k to $80k	$80k+
Somewhat disagree	2%	5% N.P.Q	0%	1%	2%	- **	1%	2% *	3%	4% *	3%	2%	2%	4%	1%
Strongly disagree	1%	1%	-	-	0%	4% **	2% *	-	1%	2% *	1%	1%	1%	1%	0%
Don't know	4%	3%	3%	0%	4%	5% **	2%	1% *	4%	6% *	5%	4%	5% AB	2%	2%
GEN_q6_2. New Year's resolutions are pointless															
Unweighted base	1215	401	222	127	573	21	138	64	345	74	367	848	436	344	273
Base: All US adults	1210	381	207	115	565	21	136	64	350	74	363	847	439	342	267
Strongly agree	25%	23%	21%	25%	27%	9% **	26% *	26%	24%	20% *	25%	25%	26%	21%	31% AA.AC
Somewhat agree	23%	25%	26%	20%	25%	30% **	24%	24% *	20%	14% *	20%	24%	19%	27% Z	25%
Neither agree nor disagree	26%	25%	24%	28%	27%	38% **	23%	26% *	24%	37% T.V*	26%	27%	25%	26%	22%
Somewhat disagree	14%	12%	17%	18%	12%	9% **	13%	17% *	17%	12% *	15%	13%	16% AC	14% AC	14% AC
Strongly disagree	9%	12% N	8%	7%	7%	14% **	13% R	6% *	10%	11% *	11%	8%	9%	11%	7%
Don't know	3%	2%	3%	0%	3%	- **	1%	1% *	5%	4% *	3%	3%	4%	2%	2%
GEN_q6_3. Making New Year's resolutions has helped me improve my life															
Unweighted base	1215	401	222	127	573	21	138	64	345	74	367	848	436	344	273
Base: All US adults	1210	381	207	115	565	21	136	64	350	74	363	847	439	342	267
Strongly agree	8%	7%	9%	7%	9%	5% **	5% *	7%	8%	4% *	13% Y	6%	8%	6%	11% AA
Somewhat agree	14%	14%	15%	20%	13%	18% **	13%	12% *	15%	25% R.T*	19% Y	12%	17% AC	15%	12%
Neither agree nor disagree	30%	30%	32%	33%	32%	35% **	26%	35% *	31%	23% *	28%	31%	27%	31%	30%
Somewhat disagree	11%	13%	10%	8%	10%	13% **	13%	10% *	11%	8% *	10%	11%	10%	13%	10%
Strongly disagree	31%	30%	28%	31%	30%	20% **	42% R.V	30% *	28%	33% *	24%	34% X	30%	32%	32%
Don't know	6%	6% Q	5%	1%	6% T	9% **	1%	6% *	8% T	7% T*	6%	6%	7% AA	3%	5%

Cell Contents (Col

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	Total	Prefer not to say
Somewhat disagree	2%	1%
Strongly disagree	1%	-
Don't know	4%	9% AA.AB

GEN_q6_2. New Year's resolutions are pointless

	Total	Prefer not to say
Unweighted base	1215	162
Base: All US adults	1210	162
Strongly agree	25%	21%
Somewhat agree	23%	20%
Neither agree nor disagree	26%	38% Z.AA.AB
Somewhat disagree	14%	7%
Strongly disagree	9%	8%
Don't know	3%	6% AA.AB

GEN_q6_3. Making New Year's resolutions has helped me improve my life

	Total	Prefer not to say
Unweighted base	1215	162
Base: All US adults	1210	162
Strongly agree	8%	7%
Somewhat agree	14%	9%
Neither agree nor disagree	30%	37% Z
Somewhat disagree	11%	10%
Strongly disagree	31%	27%
Don't know	6%	10% AA.AB

Cell Contents (Col