



New Years Resolution Statistics

Rank	Top 10 New Years resolutions for 2015
1	Lose Weight
2	Getting Organized
3	Spend Less, Save More
4	Enjoy Life to the Fullest
5	Staying Fit and Healthy
6	Learn Something Exciting
7	Quit Smoking
8	Help Others in Their Dreams
9	Fall in Love
10	Spend More Time with Family

News Years Resolution Statistics	Data
Percent of Americans who usually make New Year's Resolutions	45%
Percent of Americans who infrequently make New Year's Resolutions	17%
Percent of Americans who absolutely never make New Year's Resolutions	38%
Percent of people who are successful in achieving their resolution	8%
Percent who have infrequent success	49%
Percent who never succeed and fail on their resolution each year	24%
People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions	
Type of Resolutions (Percent above 100% because of multiple resolutions)	Data
Self Improvement or education related resolutions	47%
Weight related resolutions	38%
Money related resolutions	34%
Relationship related resolutions	31%
Age Success Rates	Data
Percent of people in their twenties who achieve their resolution each year	39%
Percent of people over 50 who achieve their resolution each year	14%
Length of Resolutions	Data
Resolution maintained through first week	75%
Past two weeks	71%
Past one month	64%
Past six months	46%

Questions: Statistics on new years resolutions? What are the top ten news years resolutions of 2014 2015 2016? What is the success rate for new years resolutions? How many people make New Years resolutions?

Statistic Verification

Source: University of Scranton. Journal of Clinical Psychology

Research Date: December 27th, 2015

15 Reasons Why You Can't Achieve Your Goals

by [Neal Samudre](#) | [lifehacker.org](#)

The truth about many of our failed goals is that we haven't achieved them because we didn't know how to set and accomplish goals effectively, rather than having not had enough willpower, determination, or fortitude. There are strings of mistakes standing in our way of accomplished goals. Fortunately for us, we don't have to fall victim to these mistakes for 2016. There are many common mistakes we make with setting goals, but there are also surefire ways to fix them too.

Setting Goals

1. You make your goals too vague.

Instead of having a vague goal of "going to the gym," make your goals specific—something like, "run a mile around the indoor track each morning."

2. You have no way of knowing where you are with your goals.

It's hard to recognize where you are at reaching your goal if you have no way of measuring where you are with it. Instead, make your goal measurable with questions such as, "how much?" or "how many?" This way, you always know where you stand with your goals.

3. You make your goals impossible to reach.

If it's impossible of reaching, you're simply not going to reach for it. Sometimes, our past behavior can predict our future behavior, which means if you have no sign of changing a behavior within a week, don't set a goal that wants to accomplish that. While you can do many things you set your mind to, it'll be much easier if you realize your capabilities, and judge your goals from there.

4. You only list your long-term goals.

Long-term goals tend to fizzle out because we're stuck on the larger view rather than what we need to accomplish in the here and now to get there. Instead, list out all the short-term goals involved with your long-term goal. For instance, if you want to seek a publisher for a book you've written, your short-term goals might involve your marketing your writing and writing for more magazines in order to accomplish your goal of publishing. By listing out the short-term goals involved with your long-term goal, you'll focus more on doing what's in front of you.

5. You write your goals as negative statements.

It's hard to reach a goal that's worded as, "don't fall into this stupid trap." That's not inspiring, and when you're first starting out, you need inspiration to stay committed to your goal. Instead, make your goals positive statements, such as, "Be a friend who says yes more" rather than, "Stop being an idiot to your friends."

6. You leave your goals in your head.

Don't keep your goals stuck in your head. Write them down somewhere and keep them visible. It's a way making your goals real and holding yourself accountable for achieving them.

Achieving Goals

7. You only focus on achieving one goal at a time, and you struggle each time.

In order to keep achieving your goals, one right after the others, you need to build the healthy habits to do so. For instance, if you want to write a book, developing a habit of writing each morning. If you want to lose weight and eventually run a marathon, develop a habit of running each morning. Focus on building habits, and your other goals in the future will come easier.

Studies show that it takes about [66 days](#) on average to change or develop a habit. If you focus on forming one habit every 66 days, that'll get you closer to accomplishing your goals, and you'll also build the capability to achieve more and more goals later on with the help of your newly formed habits.

8. You live in an environment that doesn't support your goals.

Gary Keller and Jay Papasan in their book, *The One Thing*, state that environments are made up of people and places. They state that these two factors must line up to support your goals. Otherwise, they would cause friction to your goals. So make sure the people who surround you and your location both add something to your goals rather than take away from them.

9. You get stuck on the end result with your goals.

In this [article](#), James Clear brilliantly suggests that our focus should be on the systems we implement to reach our goals rather than the actual end result. For instance, if you're trying to be healthier with your diet, focus more on sticking to your diet plan rather than on your desired end result. It'll keep you more concentrated on what's right in front of you rather than what's up in the sky.

Keeping Motivated

10. You get discouraged with your mess-ups.

When I wake up each morning, I focus all my effort in building a small-win for myself. Why? Because we need confidence and momentum if we want to keep plowing through the obstacles of accomplishing our goals. Starting my day with small wins helps me forget what mess-ups I had yesterday, and be able to reset. Your win can be as small as getting out of bed to writing a paragraph in your book. Whatever the case may be, highlight the victories when they come along, and don't pay much attention to whatever mess-ups happened yesterday.

11. You downplay your wins.

When a win comes along, don't downplay it or be too humble about it. Instead, make it a big deal. Celebrate each time you get closer to your goal with either a party or quality time doing what you love.

12. You get discouraged by all the work you have to do for your goals.

What happens when you focus on everything that's in front of you is that you can lose sight of the big picture—what you're actually doing this for and why you want to achieve it. By learning how to filter the big picture through your every day small goals, you'll be able to keep your motivation for the long haul. Never let go of the big picture.

13. You waste your downtime.

When I take a break, I usually fill my downtime with activities that further me toward my goals. For instance, I listen to podcasts about writing or entrepreneurship during my lunch times. This keeps my mind focused on the goal, and also utilizes my downtime with motivation to keep trying for my goals.

14. You have no system of accountability.

If you announce your goal publicly, or promise to offer something to people, those people suddenly depend on your accomplishment. They are suddenly concerned for your goals, and help make sure you achieve them. Don't see this as a burden. Instead, use it to fuel your hard work. Have people depend on you and you'll be motivated to not let them down.

15. You fall victim to all your negative behaviors you're trying to avoid with your goals.

Instead of making a "to-do" list, make a list of all the behaviors, patterns, and thinking you need to avoid if you ever want to reach your goal. For instance, you might want to chart down, "avoid Netflix" or "don't think negatively about my capability." By doing this, you'll have a visible reminder of all the behavior you need to avoid in order to accomplish your goals. But make sure you balance this list out with your goals listed as positive statements.

Overcoming our mistakes is the first step to building healthy systems for our goals. If you find one of these cogs jamming the gears to your goal-setting system, I hope you follow these solutions to keep your system healthy and able to churn out more goals. Make 2015 the year where you finally achieve what you've only dreamed of.

The truth about many of our failed goals is that we haven't achieved them because we didn't know how to set and accomplish goals effectively, rather than having not had enough willpower, determination, or fortitude. There are strings of mistakes standing in our way of accomplished goals. Fortunately for us, we don't have to fall victim to these mistakes for 2015. There are many common mistakes we make with setting goals, but there are also surefire ways to fix them too.

Just 8% of People Achieve Their New Year's Resolutions. Here's How They Do It.

Let me guess: You want to lose weight in 2016, or maybe just eat healthier. Perhaps you want to spend less money or spend more time with your friends and family. I know I do.

Self-improvement, or at least the desire for it, is a shared American hobby. It's why so many of us—some estimates say more than 40% of Americans—make New Year's resolutions. (For comparison, about one-third of Americans watch the Super Bowl.)

But for all the good intentions, only a tiny fraction of us keep our resolutions; University of Scranton research suggests that just [8% of people](#) achieve their New Year's goals.

Why do so many people fail at goal-setting, and what are the secrets behind those who succeed? The explosion of studies into how the brain works has more experts attempting to explain the science behind why we make resolutions—and more relevantly, how we can keep them.

Keep it Simple

Many people use the New Year as an opportunity to make large bucket lists or attempt extreme makeovers, whether personal or professional.

That's a nice aspiration, experts say—but the average person has so many competing priorities that this type of approach is doomed to failure. Essentially, shooting for the moon can be so psychologically daunting, you end up failing to launch in the first place.

So “this year, I'm keeping my resolution list short,” says Chris Berdik, a science journalist and the author of [“Mind Over Mind.”](#) “I think my earlier laundry lists made it easier to abandon.”

And it's more sensible to set “small, attainable goals throughout the year, rather than a singular, overwhelming goal,” [according](#) to psychologist Lynn Bufka. “Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time,” Bufka adds.

Make it Tangible

Setting ambitious resolutions can be fun and inspiring, but the difficulty in achieving them means that your elation can quickly give way to frustration. That's why goals should be bounded by rational, achievable metrics.

“A resolution to *lose some weight* is not that easy to follow,” [notes Roy Baumeister](#), a social psychologist.

“It is much easier to follow a plan that says no potato chips, fries, or ice cream for six weeks.”

And be specific. Don't say you're “going to start going to the gym” in 2016—set a clear ambition, like attending a weekly spin class or lifting weights every Tuesday or Thursday.

“We say if you can't measure it, it's not a very good resolution because vague goals beget vague resolutions,” [says](#) John Norcross of the University of Scranton.

Make it Obvious

Experts recommend charting your goals in some fashion, although there's no universal strategy for success. For some, making a clear to-do list is enough of a reminder; others rely on [“vision boards”](#) or personal diaries.

An emerging tactic: share your goals with your friends and family. It's another way to build accountability, especially in the Facebook era.

For example, after a woman named Anna Newell Jones ran more than \$23,600 into debt, she made a New Year's resolution to work her way out of it—and publicly. As part of that effort, Newell Jones launched a blog, [And Then We Saved](#), to chronicle her attempt to go from shopaholic to spendthrift; in less than a year and a half, she'd paid off her debt.

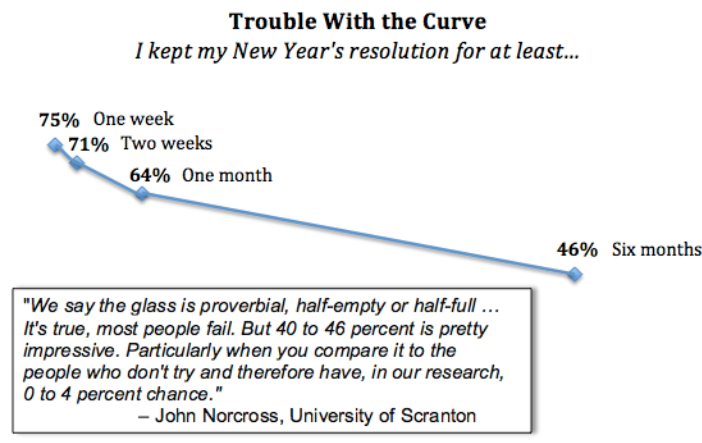
My friend Rivka Friedman, who authors a cooking blog called Not Derby Pie, used a similar tactic several years ago: She posted her "[kitchen resolutions](#)." You can still see them on the right-hand side of the blog, as Rivka either crossed off her accomplishments or hyperlinked to blog posts, like her efforts to learn how to "[make kimchi](#)" or "[fillet a fish \(properly\)](#)."

Sharing the resolutions "was a good way to hold myself to them," Rivka told me. And "in our increasingly [public] lives, social media can be used as a motivator," she argues.

Keep Believing You Can Do It

To be clear: Simply setting a goal *does* raise your chances of achieving that goal, significantly.

But within weeks or months, people begin abandoning their resolutions as they hit bumps in the road that throw them off their stride.



Source: "Talk of the Nation," NPR, 12/28; "New Year's Resolutions Statistics," StatisticsBrain.com, accessed 12/29

More often than not, people who fail to keep their resolutions blame their own lack of willpower. In surveys, these would-be resolvers repeatedly say that if only they had more self-determination, they would've overcome any hurdles and achieved their goals.

But writing at the *Los Angeles Times*, Berdik [points to](#) an emerging body of research that willpower *is* malleable. In one study led by a Stanford University psychologist, scientists gauged whether test subjects believed they could exhaust their willpower, and sought to convince them otherwise. The researchers found that people "performed better or worse [on tests] depending on their belief in the durability of willpower."

You have as much willpower as you think you have, essentially. Which means that on some level, your journey toward self-improvement will be a self-fulfilling prophecy.

Best wishes for a happy, healthy holiday season. Here's hoping that 2016 will be a joyful one for the world, and a year where all of us get one step closer to the people that we want to be.