

YouGov Survey: New Year's Resolution Check-In



Sample 1124 U.S. adult citizens
 Conducted March 4 - 6, 2025
 Margin of Error ±4%

1. How has the year 2025 been... ?

	Great	Good	OK	Bad	Terrible	Not sure
For you personally	13%	27%	39%	11%	7%	3%
For the country	14%	19%	20%	16%	25%	6%

2. Do you think 2025 will be... ?

One of the best years in American history	26%
About average when it comes to American history	24%
One of the worst years in American history	36%
Not sure	14%

3. Do you think the next 10 years will overall be better or worse than the prior 10 years... ?

	Better	About the same	Worse	Not sure
For you personally	39%	30%	17%	14%
For the country	35%	16%	32%	17%

4. Did you make any type of New Year's resolution or set a goal for 2025?

Yes	28%
No	72%

5. Which of the following did you resolve to start doing in 2025? Select all that apply.

Being happy	15%
Saving more money	15%
Eating healthier	15%
Improving physical health	14%
Exercising more	13%
Improving mental health	11%
Learning something new	9%
Reading more	9%
Losing weight	9%
Quitting a bad habit	8%
Paying down debts	8%
Improving relationships with friends or family	7%
Traveling	7%
Spending more time with family	7%
Focusing on spiritual matters	7%
Spending more time with friends	6%
Pursuing a career goal	6%
Getting a new job	5%
Pursuing a new hobby	5%
Moving	4%
Other	3%
None of these	0%
Not sure	0%
Not asked - Did not set a resolution for 2024	72%

6. Thinking about people who made New Year's resolutions for 2025, so far do you think they have generally... ?

Stuck to them entirely	2%
Mostly stuck to them	15%
Mostly given up on them	44%
Given up on them entirely	11%
Not sure	28%

7. Thinking about your New Year's resolutions, so far have you... ?

Among people who made any type of New Year's resolution or set a goal for 2025

Stuck to them entirely	19%
Mostly stuck to them	59%
Mostly given up on them	13%
Given up on them entirely	0%
Not sure	9%

8. Thinking about your New Year’s resolutions, by the end of the year do you think you will have... ?

Among people who made any type of New Year’s resolution or set a goal for 2025

Stuck to them entirely	21%
Mostly stuck to them	55%
Mostly given up on them	10%
Given up on them entirely	4%
Not sure	10%

Interviewing Dates	March 4 - 6, 2025
Target population	U.S. Citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov’s opt-in panel to be representative of adult U.S. citizens.
Weighting	The sample was weighted according to gender, age, race, education, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent’s most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 32% Republican). The weights range from 0.051 to 5.541, with a mean of one and a standard deviation of 0.931.
Number of respondents	1124
Margin of error	± 4% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	100 questions not reported.

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1A. How 2025 Has Been — For you personally

How has the year 2025 been...?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Great	13%	14%	12%	9%	16%	16%	10%	14%	14%	11%	9%
Good	27%	25%	29%	38%	26%	22%	25%	28%	29%	22%	19%
OK	39%	41%	37%	43%	37%	39%	38%	39%	34%	45%	43%
Bad	11%	11%	11%	4%	12%	10%	19%	11%	10%	8%	15%
Terrible	7%	6%	8%	3%	5%	11%	7%	5%	10%	11%	12%
Not sure	3%	2%	3%	2%	4%	2%	1%	2%	2%	4%	2%
Totals	100%	99%	100%	99%	100%	100%	100%	99%	99%	101%	100%
Unweighted N	(1,119)	(547)	(572)	(286)	(189)	(377)	(267)	(673)	(143)	(190)	(113)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Great	13%	8%	9%	23%	6%	24%	8%	15%	22%	11%	13%	16%	10%
Good	27%	24%	25%	32%	24%	34%	24%	27%	32%	25%	30%	24%	31%
OK	39%	42%	42%	33%	40%	30%	42%	39%	32%	46%	33%	42%	34%
Bad	11%	12%	14%	6%	16%	6%	12%	12%	8%	10%	13%	10%	13%
Terrible	7%	12%	7%	3%	12%	3%	11%	6%	4%	6%	9%	6%	8%
Not sure	3%	3%	3%	2%	2%	3%	3%	1%	2%	1%	3%	2%	4%
Totals	100%	101%	100%	99%	100%	100%	100%	100%	100%	99%	101%	100%	100%
Unweighted N	(1,119)	(386)	(412)	(321)	(454)	(423)	(442)	(326)	(231)	(194)	(238)	(412)	(275)

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1B. How 2025 Has Been — For the country

How has the year 2025 been... ?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Great	14%	18%	11%	7%	13%	20%	16%	17%	1%	13%	13%
Good	19%	22%	17%	24%	16%	15%	25%	22%	13%	14%	13%
OK	20%	21%	20%	29%	21%	19%	13%	19%	24%	24%	16%
Bad	16%	13%	18%	15%	14%	17%	16%	13%	20%	16%	29%
Terrible	25%	22%	28%	15%	31%	24%	29%	23%	34%	27%	21%
Not sure	6%	5%	6%	11%	5%	6%	2%	5%	8%	5%	9%
Totals	100%	101%	100%	101%	100%	101%	101%	99%	100%	99%	101%
Unweighted N	(1,114)	(546)	(568)	(284)	(189)	(378)	(263)	(669)	(142)	(190)	(113)

	Party ID				2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Great	14%	3%	10%	31%	1%	33%	13%	13%	19%	10%	18%	16%	11%
Good	19%	9%	13%	36%	7%	32%	19%	19%	19%	29%	18%	19%	14%
OK	20%	16%	24%	20%	15%	21%	21%	22%	18%	27%	18%	20%	19%
Bad	16%	19%	18%	9%	22%	8%	17%	20%	9%	10%	19%	14%	18%
Terrible	25%	48%	26%	2%	52%	5%	23%	23%	31%	22%	24%	24%	30%
Not sure	6%	6%	9%	3%	3%	2%	8%	2%	4%	3%	4%	7%	7%
Totals	100%	101%	100%	101%	100%	101%	101%	99%	100%	101%	101%	100%	99%
Unweighted N	(1,114)	(385)	(409)	(320)	(453)	(419)	(441)	(324)	(231)	(195)	(238)	(407)	(274)

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2. 2025 in History

Do you think 2025 will be... ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
One of the best years in American history	26%	28%	24%	12%	22%	32%	34%	30%	9%	22%	20%
About average when it comes to American history	24%	28%	20%	50%	24%	15%	13%	25%	21%	25%	17%
One of the worst years in American history	36%	32%	40%	23%	36%	40%	42%	31%	52%	38%	48%
Not sure	14%	12%	16%	16%	19%	13%	11%	13%	18%	15%	15%
Totals	100%	100%	100%	101%	101%	100%	100%	99%	100%	100%	100%
Unweighted N	(1,123)	(549)	(574)	(285)	(189)	(380)	(269)	(674)	(144)	(192)	(113)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
One of the best years in American history	26%	5%	15%	58%	4%	57%	26%	23%	32%	28%	29%	26%	20%
About average when it comes to American history	24%	20%	25%	26%	14%	28%	25%	24%	21%	32%	19%	23%	24%
One of the worst years in American history	36%	65%	39%	5%	72%	7%	35%	39%	40%	31%	40%	33%	42%
Not sure	14%	10%	21%	11%	9%	8%	14%	14%	6%	10%	12%	17%	14%
Totals	100%	100%	100%	100%	99%	100%	100%	100%	99%	101%	100%	99%	100%
Unweighted N	(1,123)	(388)	(414)	(321)	(456)	(424)	(445)	(326)	(232)	(195)	(239)	(414)	(275)

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3A. Next 10 Years — For you personally

Do you think the next 10 years will overall be better or worse than the prior 10 years. . . ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Better	39%	42%	36%	47%	45%	37%	28%	38%	43%	42%	38%
About the same	30%	30%	29%	33%	26%	27%	35%	32%	21%	22%	33%
Worse	17%	15%	20%	12%	13%	22%	21%	17%	17%	17%	22%
Not sure	14%	13%	15%	8%	15%	14%	17%	13%	18%	19%	7%
Totals	100%	100%	100%	100%	99%	100%	101%	100%	99%	100%	100%
Unweighted N	(1,120)	(548)	(572)	(286)	(188)	(378)	(268)	(673)	(143)	(191)	(113)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Better	39%	23%	36%	58%	24%	54%	39%	37%	44%	39%	43%	38%	37%
About the same	30%	37%	26%	26%	32%	30%	31%	29%	32%	32%	33%	28%	28%
Worse	17%	21%	23%	7%	26%	6%	19%	19%	15%	19%	14%	17%	21%
Not sure	14%	18%	14%	9%	19%	10%	12%	15%	9%	10%	9%	17%	15%
Totals	100%	99%	99%	100%	101%	100%	101%	100%	100%	100%	99%	100%	101%
Unweighted N	(1,120)	(388)	(412)	(320)	(455)	(423)	(444)	(326)	(232)	(196)	(239)	(411)	(274)

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3B. Next 10 Years — For the country

Do you think the next 10 years will overall be better or worse than the prior 10 years. . . ?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Better	35%	39%	32%	34%	31%	38%	37%	39%	24%	31%	25%
About the same	16%	17%	15%	21%	19%	12%	12%	16%	14%	15%	18%
Worse	32%	30%	35%	29%	32%	35%	33%	30%	37%	34%	42%
Not sure	17%	15%	18%	17%	18%	15%	17%	15%	25%	20%	14%
Totals	100%	101%	100%	101%	100%	100%	99%	100%	100%	100%	99%
Unweighted N	(1,118)	(547)	(571)	(286)	(189)	(377)	(266)	(671)	(143)	(191)	(113)

	Party ID			2024 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Better	35%	15%	24%	67%	13%	65%	35%	34%	40%	44%	37%	35%	28%
About the same	16%	18%	16%	13%	12%	15%	15%	18%	16%	15%	13%	17%	16%
Worse	32%	52%	38%	7%	57%	9%	32%	32%	35%	29%	34%	29%	39%
Not sure	17%	15%	22%	13%	18%	12%	17%	16%	9%	12%	15%	19%	17%
Totals	100%	100%	100%	100%	100%	101%	99%	100%	100%	100%	99%	100%	100%
Unweighted N	(1,118)	(386)	(412)	(320)	(451)	(423)	(444)	(323)	(232)	(195)	(239)	(409)	(275)

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4. Made New Year's Resolution

Did you make any type of New Year's resolution or set a goal for 2025?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	28%	25%	31%	55%	35%	16%	14%	25%	36%	34%	37%
No	72%	75%	69%	45%	65%	84%	86%	75%	64%	66%	63%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,122)	(549)	(573)	(286)	(189)	(378)	(269)	(673)	(144)	(192)	(113)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	28%	31%	28%	26%	28%	21%	23%	34%	31%	30%	26%	27%	32%
No	72%	69%	72%	74%	72%	79%	77%	66%	69%	70%	74%	73%	68%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,122)	(388)	(413)	(321)	(455)	(424)	(443)	(327)	(232)	(196)	(238)	(413)	(275)

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5. Which New Year's Resolutions

Which of the following did you resolve to start doing in 2025? Select all that apply.

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Being happy	15%	11%	19%	28%	24%	4%	8%	13%	23%	12%	17%
Saving more money	15%	11%	18%	35%	19%	5%	5%	11%	25%	16%	24%
Eating healthier	15%	12%	17%	30%	20%	7%	4%	12%	23%	14%	24%
Improving physical health	14%	9%	18%	28%	16%	7%	8%	12%	20%	14%	16%
Exercising more	13%	10%	15%	26%	17%	7%	4%	11%	20%	17%	9%
Improving mental health	11%	9%	13%	30%	13%	4%	4%	9%	17%	12%	19%
Learning something new	9%	8%	10%	21%	13%	3%	3%	9%	14%	10%	6%
Reading more	9%	5%	12%	21%	10%	3%	5%	9%	11%	8%	10%
Losing weight	9%	5%	12%	15%	9%	6%	7%	7%	11%	12%	15%
Quitting a bad habit	8%	6%	10%	23%	8%	3%	2%	7%	14%	10%	6%
Paying down debts	8%	5%	10%	13%	8%	6%	6%	6%	14%	10%	10%
Improving relationships with friends or family	7%	6%	8%	22%	7%	3%	1%	7%	8%	8%	11%
Traveling	7%	7%	7%	17%	7%	3%	4%	7%	10%	7%	5%
Spending more time with family	7%	6%	8%	19%	6%	2%	5%	7%	9%	6%	7%
Focusing on spiritual matters	7%	4%	9%	12%	7%	5%	5%	6%	9%	7%	7%
Spending more time with friends	6%	4%	9%	17%	5%	3%	4%	6%	4%	6%	16%
Pursuing a career goal	6%	7%	5%	19%	7%	1%	0%	4%	11%	6%	14%
Getting a new job	5%	5%	5%	14%	6%	3%	0%	3%	9%	11%	7%
Pursuing a new hobby	5%	5%	5%	12%	6%	1%	1%	3%	10%	8%	3%
Moving	4%	4%	4%	7%	6%	3%	2%	3%	8%	5%	1%
Other	3%	2%	3%	3%	4%	1%	3%	2%	4%	2%	3%
None of these	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%

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	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Not sure	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%	0%
Not asked - Did not set a resolution for 2024	72%	75%	69%	45%	65%	84%	86%	75%	64%	66%	63%
Unweighted N	(1,122)	(549)	(573)	(286)	(189)	(378)	(269)	(673)	(144)	(192)	(113)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Being happy	15%	15%	16%	13%	11%	9%	10%	19%	17%	16%	11%	15%	17%
Saving more money	15%	15%	15%	13%	12%	9%	11%	22%	14%	15%	12%	14%	17%
Eating healthier	15%	16%	16%	11%	14%	8%	12%	17%	13%	18%	10%	14%	18%
Improving physical health	14%	15%	15%	11%	13%	8%	11%	19%	9%	12%	12%	14%	15%
Exercising more	13%	14%	13%	10%	15%	9%	10%	15%	11%	12%	11%	11%	17%
Improving mental health	11%	12%	15%	7%	11%	5%	11%	13%	8%	13%	8%	11%	15%
Learning something new	9%	11%	8%	9%	11%	6%	6%	10%	11%	13%	9%	7%	11%
Reading more	9%	11%	9%	8%	9%	5%	6%	11%	8%	11%	9%	8%	9%
Losing weight	9%	9%	9%	8%	9%	4%	7%	14%	4%	6%	10%	6%	14%
Quitting a bad habit	8%	5%	10%	9%	6%	6%	7%	12%	4%	12%	7%	6%	11%
Paying down debts	8%	8%	9%	6%	9%	4%	5%	13%	6%	6%	8%	8%	10%
Improving relationships with friends or family	7%	8%	7%	8%	6%	6%	5%	10%	6%	11%	4%	7%	9%
Traveling	7%	11%	4%	8%	9%	5%	4%	11%	7%	9%	6%	6%	10%
Spending more time with family	7%	7%	5%	10%	6%	5%	4%	11%	9%	8%	4%	8%	8%
Focusing on spiritual matters	7%	4%	5%	11%	4%	5%	4%	10%	5%	8%	8%	6%	6%
Spending more time with friends	6%	8%	5%	7%	6%	3%	4%	10%	6%	5%	4%	7%	9%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Pursuing a career goal	6%	6%	7%	6%	5%	4%	5%	7%	6%	7%	3%	4%	12%
Getting a new job	5%	4%	8%	4%	4%	3%	5%	5%	4%	5%	5%	6%	3%
Pursuing a new hobby	5%	6%	5%	3%	3%	4%	5%	5%	2%	3%	6%	6%	3%
Moving	4%	3%	4%	5%	4%	4%	3%	4%	5%	6%	4%	3%	5%
Other	3%	5%	1%	2%	1%	2%	2%	3%	2%	1%	3%	3%	3%
None of these	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Not sure	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Not asked - Did not set a resolution for 2024	72%	69%	72%	74%	72%	79%	77%	66%	69%	70%	74%	73%	68%
Unweighted N	(1,122)	(388)	(413)	(321)	(455)	(424)	(443)	(327)	(232)	(196)	(238)	(413)	(275)

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6. Have People Stuck to Resolutions

Thinking about people who made New Year's resolutions for 2025, so far do you think they have generally. . . ?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Stuck to them entirely	2%	3%	1%	3%	4%	1%	1%	3%	2%	1%	1%
Mostly stuck to them	15%	16%	15%	28%	17%	12%	6%	13%	18%	22%	15%
Mostly given up on them	44%	44%	44%	43%	36%	45%	53%	48%	33%	39%	41%
Given up on them entirely	11%	12%	10%	3%	13%	14%	11%	11%	9%	11%	11%
Not sure	28%	25%	30%	23%	31%	28%	29%	25%	39%	26%	33%
Totals	100%	100%	100%	100%	101%	100%	100%	100%	101%	99%	101%
Unweighted N	(1,123)	(550)	(573)	(285)	(189)	(380)	(269)	(675)	(143)	(192)	(113)

	Party ID			2024 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Stuck to them entirely	2%	1%	1%	4%	1%	4%	1%	3%	5%	2%	1%	2%	3%
Mostly stuck to them	15%	15%	17%	14%	16%	13%	16%	17%	14%	18%	15%	15%	14%
Mostly given up on them	44%	43%	42%	49%	42%	47%	45%	48%	47%	45%	44%	44%	45%
Given up on them entirely	11%	12%	10%	9%	12%	11%	12%	8%	13%	10%	15%	10%	8%
Not sure	28%	29%	30%	25%	30%	25%	25%	25%	20%	26%	24%	29%	30%
Totals	100%	100%	100%	101%	101%	100%	99%	101%	99%	101%	99%	100%	100%
Unweighted N	(1,123)	(388)	(413)	(322)	(456)	(424)	(445)	(326)	(232)	(196)	(239)	(413)	(275)

YouGov Survey: New Year's Resolution Check-In

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7. Stuck to Resolutions

Thinking about your New Year's resolutions, so far have you...?

Among people who made any type of New Year's resolution or set a goal for 2025

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Stuck to them entirely	19%	19%	19%	16%	*	*	*	21%	*	*	*
Mostly stuck to them	59%	63%	56%	60%	*	*	*	56%	*	*	*
Mostly given up on them	13%	12%	14%	13%	*	*	*	12%	*	*	*
Given up on them entirely	0%	0%	1%	1%	*	*	*	0%	*	*	*
Not sure	9%	6%	11%	10%	*	*	*	11%	*	*	*
Totals	100%	100%	101%	100%	*	*	*	100%	*	*	*
Unweighted N	(321)	(142)	(179)	(152)	(64)	(70)	(35)	(164)	(50)	(76)	(31)

	Party ID			2024 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Stuck to them entirely	19%	6%	19%	*	8%	24%	10%	25%	*	*	*	18%	*
Mostly stuck to them	59%	73%	55%	*	67%	57%	65%	56%	*	*	*	58%	*
Mostly given up on them	13%	14%	11%	*	20%	12%	12%	17%	*	*	*	10%	*
Given up on them entirely	0%	1%	0%	*	1%	1%	0%	0%	*	*	*	0%	*
Not sure	9%	6%	15%	*	5%	6%	13%	1%	*	*	*	14%	*
Totals	100%	100%	100%	*	101%	100%	100%	99%	*	*	*	100%	*
Unweighted N	(321)	(128)	(105)	(88)	(139)	(103)	(110)	(103)	(75)	(56)	(63)	(121)	(81)

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8. Will Have Stuck to Resolutions

Thinking about your New Year's resolutions, by the end of the year do you think you will have... ?

Among people who made any type of New Year's resolution or set a goal for 2025

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Stuck to them entirely	21%	22%	20%	18%	*	*	*	18%	*	*	*
Mostly stuck to them	55%	57%	54%	55%	*	*	*	57%	*	*	*
Mostly given up on them	10%	9%	11%	13%	*	*	*	13%	*	*	*
Given up on them entirely	4%	3%	4%	1%	*	*	*	3%	*	*	*
Not sure	10%	8%	11%	13%	*	*	*	8%	*	*	*
Totals	100%	99%	100%	100%	*	*	*	99%	*	*	*
Unweighted N	(322)	(142)	(180)	(153)	(64)	(70)	(35)	(164)	(50)	(77)	(31)

	Party ID			2024 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Stuck to them entirely	21%	11%	22%	*	14%	29%	16%	22%	*	*	*	20%	*
Mostly stuck to them	55%	64%	53%	*	59%	55%	58%	60%	*	*	*	63%	*
Mostly given up on them	10%	14%	6%	*	16%	7%	11%	11%	*	*	*	4%	*
Given up on them entirely	4%	5%	3%	*	6%	4%	2%	5%	*	*	*	1%	*
Not sure	10%	6%	15%	*	6%	6%	13%	2%	*	*	*	12%	*
Totals	100%	100%	99%	*	101%	101%	100%	100%	*	*	*	100%	*
Unweighted N	(322)	(128)	(106)	(88)	(139)	(103)	(110)	(103)	(75)	(56)	(63)	(122)	(81)

YouGov Survey: New Year's Resolution Check-In

March 4 - 6, 2025 - 1124 U.S. adult citizens



Interviewing Dates	March 4 - 6, 2025
Target population	U.S. Citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
Weighting	The sample was weighted according to gender, age, race, education, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 32% Republican). The weights range from 0.051 to 5.541, with a mean of one and a standard deviation of 0.931.
Number of respondents	1124
Margin of error	± 4% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	100 questions not reported.