

YouGov Survey: New Year's Resolutions

October 2 - 5, 2026 - 1,053 U.S. adult citizens



1. How has the year 2026 been... ?

	Net (Positive - Negative)	Great	Good	OK	Bad	Terrible	Not sure
For you personally	4%	7%	24%	40%	16%	11%	1%
For the country	-38%	4%	13%	22%	25%	31%	5%

2. Do you think 2026 will be... ?

Net (Best - Worst)	-30%
One of the best years in American history	10%
About average when it comes to American history	37%
One of the worst years in American history	40%
Not sure	14%

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

	Net (Better - Worse)	Better	About the same	Worse	Not sure
For you personally	18%	35%	34%	17%	14%
For the country	-5%	28%	19%	33%	20%

4. Did you make any type of New Year's resolution or set a goal for 2026?

Yes	23%
No	77%

YouGov Survey: New Year's Resolutions

October 2 - 5, 2026 - 1,053 U.S. adult citizens



5. Which of the following did you resolve to start doing in 2026? Select all that apply.

Among people who made any type of New Year's resolution or set a goal for 2026

Improving physical health	44%
Exercising more	43%
Saving more money	42%
Eating healthier	37%
Being happy	36%
Learning something new	32%
Losing weight	30%
Spending more time with family	25%
Quitting a bad habit	24%
Improving relationships with friends or family	22%
Reading more	22%
Improving mental health	22%
Traveling	18%
Paying down debts	18%
Pursuing a career goal	16%
Focusing on spiritual matters	15%
Getting a new job	15%
Spending more time with friends	14%
Pursuing a new hobby	13%
Moving	7%
Other	6%
None of these	4%
Not sure	1%

6. Thinking about people who made New Year's resolutions for 2026, so far do you think they have generally...?

Net (Stuck to - Given up on)	-52%
Stuck to them entirely	2%
Mostly stuck to them	9%
Mostly given up on them	50%
Given up on them entirely	14%
Not sure	25%

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 2026

Net (Stuck to - Given up on)	36%
Stuck to them entirely	15%
Mostly stuck to them	50%
Mostly given up on them	21%
Given up on them entirely	8%
Not sure	5%

YouGov Survey: New Year's Resolutions

October 2 - 5, 2026 - 1,053 U.S. adult citizens



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 2026

Net (Stuck to - Given up on)	37%
Stuck to them entirely	23%
Mostly stuck to them	42%
Mostly given up on them	22%
Given up on them entirely	6%
Not sure	7%

Interviewing Dates	October 2 - 5, 2026
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, U.S. region, 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, 33% Republican). The weights range from 0.052 to 6.574, with a mean of one and a standard deviation of 0.981.
Number of respondents	1,053
Margin of error	± 4.2 points (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	118 questions not reported.

YouGov Survey: New Year's Resolutions

October 2 - 5, 2026 - 1,053 U.S. adult citizens



1A. How 2026 Has Been — For you personally

How has the year 2026 been... ?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Net (Positive - Negative)	4%	13%	-4%	21%	2%	-12%	13%	7%	-12%	2%	-2%	16%
Great	7%	8%	5%	7%	11%	4%	5%	7%	7%	7%	5%	9%
Good	24%	27%	22%	31%	23%	17%	31%	26%	14%	27%	22%	29%
OK	40%	43%	38%	43%	32%	46%	39%	40%	44%	31%	42%	38%
Bad	16%	14%	18%	10%	20%	19%	13%	17%	23%	12%	16%	17%
Terrible	11%	7%	14%	6%	12%	14%	10%	9%	10%	20%	13%	6%
Not sure	1%	1%	2%	3%	2%	0%	1%	1%	3%	3%	2%	1%
Totals	99%	100%	99%	100%	100%	100%	99%	100%	101%	100%	100%	100%
Unweighted N	(1,044)	(496)	(548)	(243)	(279)	(304)	(218)	(693)	(119)	(165)	(673)	(371)

	Party ID				MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Net (Positive - Negative)	4%	-9%	-3%	24%	40%	32%	-12%	-10%	32%	-19%	7%	35%
Great	7%	5%	6%	9%	11%	10%	5%	5%	10%	3%	8%	11%
Good	24%	18%	21%	35%	41%	36%	17%	19%	38%	17%	22%	38%
OK	40%	44%	40%	37%	36%	40%	43%	41%	36%	39%	44%	38%
Bad	16%	21%	18%	9%	8%	9%	21%	24%	10%	21%	16%	12%
Terrible	11%	11%	12%	10%	4%	4%	13%	11%	6%	18%	7%	2%
Not sure	1%	1%	3%	0%	0%	0%	1%	1%	0%	2%	1%	0%
Totals	99%	100%	100%	100%	100%	99%	100%	101%	100%	100%	98%	101%
Unweighted N	(1,044)	(349)	(381)	(314)	(249)	(364)	(630)	(452)	(340)	(415)	(276)	(269)

YouGov Survey: New Year's Resolutions

October 2 - 5, 2026 - 1,053 U.S. adult citizens



1B. How 2026 Has Been — For the country

How has the year 2026 been... ?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Net (Positive - Negative)	-38%	-28%	-49%	-22%	-41%	-46%	-40%	-36%	-45%	-24%	-35%	-46%
Great	4%	5%	4%	5%	6%	3%	5%	3%	8%	8%	4%	5%
Good	13%	19%	8%	13%	11%	13%	15%	15%	5%	18%	14%	11%
OK	22%	23%	21%	31%	20%	20%	18%	22%	24%	18%	24%	19%
Bad	25%	23%	26%	14%	26%	31%	25%	23%	35%	22%	26%	23%
Terrible	31%	28%	34%	27%	32%	31%	35%	32%	24%	29%	27%	38%
Not sure	5%	3%	6%	9%	6%	3%	2%	5%	4%	5%	5%	4%
Totals	100%	101%	99%	99%	101%	101%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,040)	(493)	(547)	(244)	(278)	(304)	(214)	(687)	(121)	(165)	(674)	(366)

	Party ID				MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Net (Positive - Negative)	-38%	-77%	-51%	12%	32%	28%	-81%	-82%	14%	-42%	-41%	-33%
Great	4%	2%	2%	10%	14%	12%	0%	1%	9%	5%	4%	5%
Good	13%	4%	8%	28%	33%	31%	3%	3%	29%	12%	13%	16%
OK	22%	12%	19%	34%	36%	37%	12%	9%	36%	21%	21%	24%
Bad	25%	30%	26%	19%	11%	12%	34%	27%	19%	26%	26%	24%
Terrible	31%	52%	35%	7%	4%	3%	50%	59%	6%	32%	32%	30%
Not sure	5%	1%	10%	2%	3%	5%	1%	1%	2%	4%	4%	2%
Totals	100%	101%	100%	100%	101%	100%	100%	100%	101%	100%	100%	101%
Unweighted N	(1,040)	(345)	(382)	(313)	(249)	(365)	(624)	(448)	(339)	(416)	(274)	(266)

YouGov Survey: New Year's Resolutions

October 2 - 5, 2026 - 1,053 U.S. adult citizens



2. 2026 in History

Do you think 2026 will be...?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Net (Best - Worst)	-30%	-24%	-34%	-23%	-30%	-30%	-34%	-30%	-29%	-16%	-26%	-37%
One of the best years in American history	10%	12%	8%	6%	11%	9%	13%	10%	11%	13%	11%	8%
About average when it comes to American history	37%	38%	35%	50%	34%	35%	29%	38%	30%	37%	36%	37%
One of the worst years in American history	40%	37%	42%	29%	42%	40%	47%	40%	40%	29%	36%	46%
Not sure	14%	13%	15%	15%	13%	16%	12%	13%	19%	20%	17%	9%
Totals	101%	100%	100%	100%	100%	100%	101%	101%	100%	99%	100%	100%
Unweighted N	(1,051)	(498)	(553)	(244)	(279)	(305)	(223)	(698)	(121)	(164)	(678)	(373)

	Party ID				MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Net (Best - Worst)	-30%	-65%	-38%	13%	28%	20%	-62%	-71%	18%	-30%	-31%	-29%
One of the best years in American history	10%	3%	3%	25%	31%	25%	1%	2%	25%	11%	9%	11%
About average when it comes to American history	37%	24%	35%	51%	51%	54%	27%	19%	56%	32%	36%	43%
One of the worst years in American history	40%	68%	41%	12%	4%	5%	64%	73%	8%	41%	40%	40%
Not sure	14%	6%	22%	12%	14%	16%	8%	7%	11%	16%	15%	6%
Totals	101%	101%	101%	100%	100%	100%	100%	101%	100%	100%	100%	100%
Unweighted N	(1,051)	(351)	(384)	(316)	(253)	(369)	(632)	(455)	(343)	(419)	(277)	(270)

YouGov Survey: New Year's Resolutions

October 2 - 5, 2026 - 1,053 U.S. adult citizens



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... ?

		Gender		Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Net (Better - Worse)	18%	22%	15%	39%	27%	8%	5%	13%	42%	28%	17%	20%
Better	35%	38%	32%	51%	43%	27%	22%	30%	54%	40%	34%	37%
About the same	34%	34%	35%	22%	25%	39%	49%	38%	19%	32%	33%	36%
Worse	17%	16%	17%	12%	16%	19%	17%	18%	12%	12%	16%	17%
Not sure	14%	12%	16%	14%	15%	14%	12%	15%	15%	15%	16%	10%
Totals	100%	100%	100%	99%	99%	99%	100%	101%	100%	99%	99%	100%
Unweighted N	(1,051)	(498)	(553)	(243)	(279)	(306)	(223)	(699)	(120)	(164)	(679)	(372)

		Party ID			MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Net (Better - Worse)	18%	16%	15%	25%	39%	40%	6%	11%	28%	14%	20%	20%
Better	35%	35%	34%	36%	46%	46%	29%	32%	39%	32%	34%	39%
About the same	34%	32%	29%	43%	36%	37%	35%	33%	41%	33%	38%	36%
Worse	17%	18%	19%	12%	7%	6%	22%	21%	11%	18%	14%	19%
Not sure	14%	15%	18%	9%	11%	11%	14%	15%	9%	17%	14%	6%
Totals	100%	100%	100%	100%	100%	100%	100%	101%	100%	100%	100%	100%
Unweighted N	(1,051)	(350)	(386)	(315)	(251)	(368)	(632)	(454)	(342)	(418)	(278)	(270)

YouGov Survey: New Year's Resolutions

October 2 - 5, 2026 - 1,053 U.S. adult citizens



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				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Net (Better - Worse)	-5%	1%	-10%	15%	-15%	-10%	-6%	-10%	18%	14%	-4%	-7%
Better	28%	34%	23%	41%	24%	24%	27%	26%	40%	34%	28%	28%
About the same	19%	18%	20%	14%	21%	23%	16%	19%	17%	25%	17%	22%
Worse	33%	32%	34%	26%	38%	34%	32%	35%	22%	20%	32%	35%
Not sure	20%	16%	24%	19%	18%	19%	25%	20%	21%	21%	23%	15%
Totals	100%	100%	101%	100%	101%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,043)	(495)	(548)	(243)	(276)	(304)	(220)	(692)	(120)	(164)	(674)	(369)

	Party ID				MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Net (Better - Worse)	-5%	-12%	-16%	15%	32%	29%	-26%	-17%	18%	-9%	-4%	-8%
Better	28%	23%	24%	38%	47%	45%	19%	23%	39%	24%	30%	29%
About the same	19%	18%	15%	25%	24%	26%	15%	14%	24%	22%	16%	19%
Worse	33%	35%	40%	23%	15%	16%	44%	40%	21%	33%	34%	37%
Not sure	20%	24%	22%	13%	14%	12%	22%	23%	16%	21%	19%	15%
Totals	100%	100%	101%	99%	100%	99%	100%	100%	100%	100%	99%	100%
Unweighted N	(1,043)	(348)	(381)	(314)	(250)	(367)	(626)	(453)	(338)	(415)	(276)	(267)

YouGov Survey: New Year's Resolutions

October 2 - 5, 2026 - 1,053 U.S. adult citizens



4. Made New Year's Resolution

Did you make any type of New Year's resolution or set a goal for 2026?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	23%	22%	24%	33%	34%	19%	8%	20%	33%	29%	19%	30%
No	77%	78%	76%	67%	66%	81%	92%	80%	67%	71%	81%	70%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,053)	(499)	(554)	(244)	(280)	(306)	(223)	(699)	(121)	(165)	(680)	(373)

	Party ID				MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Yes	23%	22%	20%	29%	34%	29%	18%	23%	29%	23%	19%	27%
No	77%	78%	80%	71%	66%	71%	82%	77%	71%	77%	81%	73%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,053)	(351)	(386)	(316)	(253)	(369)	(633)	(455)	(343)	(419)	(278)	(270)

YouGov Survey: New Year's Resolutions

October 2 - 5, 2026 - 1,053 U.S. adult citizens



5. New Year's Resolutions

Which of the following did you resolve to start doing in 2026? Select all that apply.

Among people who made any type of New Year's resolution or set a goal for 2026

		Gender		Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Improving physical health	44%	45%	43%	*	43%	*	*	47%	*	*	39%	50%
Exercising more	43%	46%	41%	*	48%	*	*	43%	*	*	37%	51%
Saving more money	42%	50%	36%	*	49%	*	*	38%	*	*	39%	46%
Eating healthier	37%	33%	39%	*	37%	*	*	39%	*	*	33%	41%
Being happy	36%	33%	38%	*	37%	*	*	29%	*	*	40%	30%
Learning something new	32%	37%	29%	*	27%	*	*	29%	*	*	32%	32%
Losing weight	30%	25%	34%	*	25%	*	*	39%	*	*	25%	35%
Spending more time with family	25%	32%	20%	*	38%	*	*	25%	*	*	21%	31%
Quitting a bad habit	24%	29%	20%	*	23%	*	*	22%	*	*	25%	22%
Improving relationships with friends or family	22%	29%	16%	*	28%	*	*	17%	*	*	21%	24%
Reading more	22%	20%	24%	*	23%	*	*	26%	*	*	21%	23%
Improving mental health	22%	24%	20%	*	23%	*	*	24%	*	*	19%	25%
Traveling	18%	20%	17%	*	20%	*	*	18%	*	*	16%	21%
Paying down debts	18%	15%	21%	*	14%	*	*	18%	*	*	19%	17%
Pursuing a career goal	16%	17%	15%	*	15%	*	*	17%	*	*	17%	14%
Focusing on spiritual matters	15%	15%	15%	*	17%	*	*	15%	*	*	18%	12%
Getting a new job	15%	20%	10%	*	16%	*	*	12%	*	*	18%	11%
Spending more time with friends	14%	13%	14%	*	13%	*	*	14%	*	*	15%	13%
Pursuing a new hobby	13%	15%	12%	*	16%	*	*	14%	*	*	15%	11%
Moving	7%	6%	8%	*	11%	*	*	6%	*	*	6%	8%
Other	6%	4%	8%	*	4%	*	*	7%	*	*	6%	6%

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YouGov Survey: New Year's Resolutions
October 2 - 5, 2026 - 1,053 U.S. adult citizens



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	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
None of these	4%	0%	7%	*	0%	*	*	2%	*	*	5%	2%
Not sure	1%	1%	1%	*	2%	*	*	1%	*	*	1%	1%
Unweighted N	(276)	(127)	(149)	(96)	(100)	(61)	(19)	(152)	(36)	(67)	(149)	(127)

	Party ID				MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Improving physical health	44%	*	*	*	*	46%	45%	48%	*	44%	*	*
Exercising more	43%	*	*	*	*	41%	49%	48%	*	39%	*	*
Saving more money	42%	*	*	*	*	47%	40%	47%	*	43%	*	*
Eating healthier	37%	*	*	*	*	36%	45%	47%	*	30%	*	*
Being happy	36%	*	*	*	*	37%	33%	33%	*	35%	*	*
Learning something new	32%	*	*	*	*	38%	23%	29%	*	34%	*	*
Losing weight	30%	*	*	*	*	28%	38%	35%	*	24%	*	*
Spending more time with family	25%	*	*	*	*	28%	25%	24%	*	16%	*	*
Quitting a bad habit	24%	*	*	*	*	31%	20%	19%	*	28%	*	*
Improving relationships with friends or family	22%	*	*	*	*	25%	24%	26%	*	23%	*	*
Reading more	22%	*	*	*	*	24%	20%	26%	*	15%	*	*
Improving mental health	22%	*	*	*	*	25%	23%	25%	*	21%	*	*
Traveling	18%	*	*	*	*	16%	22%	17%	*	10%	*	*
Paying down debts	18%	*	*	*	*	16%	24%	22%	*	15%	*	*
Pursuing a career goal	16%	*	*	*	*	15%	14%	16%	*	13%	*	*
Focusing on spiritual matters	15%	*	*	*	*	16%	17%	15%	*	16%	*	*
Getting a new job	15%	*	*	*	*	11%	18%	15%	*	24%	*	*

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YouGov Survey: New Year's Resolutions
October 2 - 5, 2026 - 1,053 U.S. adult citizens



	Total	Party ID			MAGA Supporter	continued from previous page Trump job approval		House vote intent		Family income		
		Dem	Ind	Rep		Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Spending more time with friends	14%	*	*	*	*	14%	16%	16%	*	13%	*	*
Pursuing a new hobby	13%	*	*	*	*	10%	11%	13%	*	10%	*	*
Moving	7%	*	*	*	*	5%	10%	9%	*	7%	*	*
Other	6%	*	*	*	*	5%	9%	5%	*	12%	*	*
None of these	4%	*	*	*	*	0%	2%	2%	*	1%	*	*
Not sure	1%	*	*	*	*	2%	0%	0%	*	1%	*	*
Unweighted N	(276)	(97)	(90)	(89)	(84)	(107)	(156)	(126)	(95)	(103)	(71)	(84)

YouGov Survey: New Year's Resolutions

October 2 - 5, 2026 - 1,053 U.S. adult citizens



6. Have People Stuck to Resolutions

Thinking about people who made New Year's resolutions for 2026, so far do you think they have generally. . . ?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Net (Stuck to - Given up on)	-52%	-45%	-58%	-37%	-35%	-61%	-70%	-57%	-44%	-40%	-52%	-52%
Stuck to them entirely	2%	3%	2%	3%	6%	1%	0%	1%	3%	4%	2%	4%
Mostly stuck to them	9%	10%	8%	11%	15%	7%	4%	8%	13%	10%	7%	12%
Mostly given up on them	50%	49%	51%	41%	41%	56%	58%	52%	44%	42%	48%	53%
Given up on them entirely	14%	10%	17%	10%	15%	13%	16%	14%	15%	12%	13%	14%
Not sure	25%	28%	22%	35%	23%	23%	22%	24%	24%	32%	30%	17%
Totals	100%	100%	100%	100%	100%	100%	100%	99%	99%	100%	100%	100%
Unweighted N	(1,053)	(499)	(554)	(244)	(280)	(306)	(223)	(699)	(121)	(165)	(680)	(373)

		Party ID			MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Net (Stuck to - Given up on)	-52%	-53%	-57%	-45%	-42%	-42%	-61%	-56%	-46%	-50%	-58%	-52%
Stuck to them entirely	2%	2%	2%	4%	3%	4%	1%	2%	4%	2%	2%	3%
Mostly stuck to them	9%	10%	5%	13%	15%	14%	7%	8%	15%	10%	5%	14%
Mostly given up on them	50%	46%	52%	50%	49%	48%	52%	51%	52%	50%	49%	55%
Given up on them entirely	14%	19%	12%	12%	11%	11%	16%	15%	13%	13%	16%	14%
Not sure	25%	23%	30%	22%	22%	23%	24%	24%	17%	25%	27%	14%
Totals	100%	100%	101%	101%	100%	100%	100%	100%	101%	100%	99%	100%
Unweighted N	(1,053)	(351)	(386)	(316)	(253)	(369)	(633)	(455)	(343)	(419)	(278)	(270)

YouGov Survey: New Year's Resolutions

October 2 - 5, 2026 - 1,053 U.S. adult citizens



7. Have 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 2026

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Net (Stuck to - Given up on)	36%	46%	27%	*	51%	*	*	37%	*	*	25%	49%
Stuck to them entirely	15%	13%	16%	*	19%	*	*	13%	*	*	18%	11%
Mostly stuck to them	50%	55%	46%	*	55%	*	*	53%	*	*	41%	61%
Mostly given up on them	21%	13%	28%	*	22%	*	*	21%	*	*	24%	18%
Given up on them entirely	8%	9%	7%	*	1%	*	*	9%	*	*	10%	5%
Not sure	5%	9%	3%	*	3%	*	*	4%	*	*	7%	4%
Totals	99%	99%	100%	*	100%	*	*	100%	*	*	100%	99%
Unweighted N	(276)	(127)	(149)	(96)	(100)	(61)	(19)	(152)	(36)	(67)	(149)	(127)

		Party ID			MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Net (Stuck to - Given up on)	36%	*	*	*	*	41%	33%	39%	*	33%	*	*
Stuck to them entirely	15%	*	*	*	*	13%	13%	18%	*	10%	*	*
Mostly stuck to them	50%	*	*	*	*	55%	51%	49%	*	53%	*	*
Mostly given up on them	21%	*	*	*	*	16%	25%	21%	*	20%	*	*
Given up on them entirely	8%	*	*	*	*	12%	6%	6%	*	10%	*	*
Not sure	5%	*	*	*	*	5%	5%	6%	*	7%	*	*
Totals	99%	*	*	*	*	101%	100%	100%	*	100%	*	*
Unweighted N	(276)	(97)	(90)	(89)	(84)	(107)	(156)	(126)	(95)	(103)	(71)	(84)

YouGov Survey: New Year's Resolutions

October 2 - 5, 2026 - 1,053 U.S. adult citizens



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 2026

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Net (Stuck to - Given up on)	37%	43%	32%	*	45%	*	*	36%	*	*	29%	46%
Stuck to them entirely	23%	26%	20%	*	30%	*	*	16%	*	*	25%	20%
Mostly stuck to them	42%	43%	41%	*	41%	*	*	51%	*	*	35%	50%
Mostly given up on them	22%	23%	22%	*	23%	*	*	22%	*	*	25%	19%
Given up on them entirely	6%	3%	8%	*	3%	*	*	9%	*	*	6%	6%
Not sure	7%	5%	9%	*	3%	*	*	2%	*	*	10%	5%
Totals	100%	100%	100%	*	100%	*	*	100%	*	*	101%	100%
Unweighted N	(275)	(127)	(148)	(95)	(100)	(61)	(19)	(152)	(35)	(67)	(149)	(126)

		Party ID			MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Net (Stuck to - Given up on)	37%	*	*	*	*	33%	41%	49%	*	32%	*	*
Stuck to them entirely	23%	*	*	*	*	25%	18%	18%	*	19%	*	*
Mostly stuck to them	42%	*	*	*	*	40%	49%	53%	*	45%	*	*
Mostly given up on them	22%	*	*	*	*	26%	18%	16%	*	25%	*	*
Given up on them entirely	6%	*	*	*	*	5%	8%	6%	*	5%	*	*
Not sure	7%	*	*	*	*	3%	8%	8%	*	6%	*	*
Totals	100%	*	*	*	*	99%	101%	101%	*	100%	*	*
Unweighted N	(275)	(96)	(90)	(89)	(84)	(107)	(155)	(125)	(95)	(103)	(71)	(84)

YouGov Survey: New Year's Resolutions

October 2 - 5, 2026 - 1,053 U.S. adult citizens



Interviewing Dates	October 2 - 5, 2026
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, U.S. region, 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, 33% Republican). The weights range from 0.052 to 6.574, with a mean of one and a standard deviation of 0.981.
Number of respondents	1,053
Margin of error	± 4.2 points (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	118 questions not reported.