

YouGov Survey: New Years Resolutions

December 9 - 11, 2025 - 1,104 U.S. adult citizens



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

	Great	Good	OK	Bad	Terrible	Not sure
For you personally	9%	29%	37%	15%	10%	1%
For the country	7%	17%	24%	20%	28%	4%

2. How do you predict 2026 will be... ?

	Great	Good	OK	Bad	Terrible	Not sure
For you personally	19%	29%	27%	9%	6%	10%
For the country	14%	17%	18%	17%	23%	11%

3. How were the prior 10 years... ?

	Great	Good	OK	Bad	Terrible	Not sure
For you personally	12%	31%	36%	11%	7%	4%
For the country	5%	18%	39%	23%	8%	7%

4. 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	42%	31%	12%	15%
For the country	32%	24%	26%	19%

5. Do you think the last 10-year period was... ?

One of the best in American history	4%
About average when it comes to American history	46%
One of the worst in American history	38%
Not sure	12%

6. Do you think 2025 was... ?

One of the best years in American history	12%
About average when it comes to American history	37%
One of the worst years in American history	43%
Not sure	8%

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

One of the best years in American history	21%
About average when it comes to American history	31%
One of the worst years in American history	27%
Not sure	21%

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8. When children in the U.S. grow up, do you think the country will be better or worse than it is now?

Better	23%
About the same	19%
Worse	37%
Not sure	22%

9. Rate the way things are currently going in the United States on a scale of 1-10, where 1 is very bad and 10 is very good.

1 - Very bad	15%
2	9%
3	12%
4	11%
5	12%
6	12%
7	12%
8	10%
9	4%
10 - Very good	4%

10. Rate the way things were going in the United States 10 years ago on a scale of 1-10, where 1 is very bad and 10 is very good.

1 - Very bad	4%
2	3%
3	7%
4	7%
5	22%
6	16%
7	19%
8	12%
9	5%
10 - Very good	4%

11. Rate the way things will be going in the United States 10 years from now on a scale of 1-10, where 1 is very bad and 10 is very good.

1 - Very bad	6%
2	5%
3	9%
4	11%
5	20%
6	12%
7	13%
8	13%
9	6%
10 - Very good	5%

12. Thinking in general about your life in 2026 in comparison to 2025... If you had to guess, do you think that your life will be better or worse in 2026?

I think my life will be better	36%
I think my life will be the same	36%
I think my life will be worse	16%
Not sure	11%

13. How do you generally feel about making New Year's resolutions?

Love it	10%
Like it	28%
Dislike it	28%
Hate it	16%
Not sure	18%

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

Yes	31%
No	51%
Not sure	18%

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

Exercising more	25%
Being happy	23%
Eating healthier	22%
Saving more money	21%
Improving physical health	21%
Losing weight	17%
Improving mental health	16%
Learning something new	15%
Spending more time with family	15%
Praying more	15%
Reading more	15%
Improving relationships with friends or family	13%
Paying down debts	12%
Improving home or life organization	12%
Traveling	11%
Quitting a bad habit	11%
Spending more time with friends	9%
Focusing on spiritual matters	9%
Pursuing a career goal	9%
Pursuing a new hobby	8%
Getting a new job	8%
Moving	6%
Volunteer more	6%
Showing up on time more often	4%
Getting more involved politically	4%
Other	1%
None of these	0%
Not sure	4%
Not asked - Is not setting a resolution for 2026	51%

16. How likely is it that you will keep your resolutions throughout 2026?

Among people who say they will make a New Year's resolution or set a goal for 2026

Very likely	39%
Somewhat likely	50%
Not very likely	5%
Not at all likely	2%
Not sure	3%

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17. When people make New Year's resolutions, do you think they generally make the upcoming year better or worse for themselves?

Much better	8%
A little better	24%
No different	42%
A little worse	8%
Much worse	3%
Not sure	16%

Interviewing Dates	December 9 - 11, 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, 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, 32% Republican). The weights range from 0.051 to 6.563, with a mean of one and a standard deviation of 0.946.
Number of respondents	1,104
Margin of error	± 4.1 points (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	71 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	9%	10%	9%	9%	11%	8%	9%	9%	9%	8%	*
Good	29%	33%	25%	32%	32%	23%	32%	32%	19%	22%	*
OK	37%	37%	37%	36%	31%	39%	40%	35%	41%	40%	*
Bad	15%	13%	16%	10%	13%	17%	17%	15%	16%	19%	*
Terrible	10%	7%	12%	11%	12%	13%	3%	9%	14%	8%	*
Not sure	1%	0%	1%	2%	1%	0%	0%	0%	1%	3%	*
Totals	101%	100%	100%	100%	100%	100%	101%	100%	100%	100%	*
Unweighted N	(1,102)	(515)	(587)	(280)	(300)	(312)	(210)	(727)	(137)	(169)	(69)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Great	9%	5%	9%	14%	5%	18%	6%	11%	13%	7%	6%	11%	10%
Good	29%	23%	25%	40%	21%	35%	17%	30%	42%	28%	29%	27%	32%
OK	37%	39%	40%	31%	43%	33%	43%	32%	33%	42%	39%	35%	34%
Bad	15%	24%	10%	10%	24%	9%	20%	14%	9%	16%	17%	13%	13%
Terrible	10%	9%	16%	4%	6%	5%	13%	11%	3%	7%	9%	12%	9%
Not sure	1%	1%	1%	0%	1%	0%	1%	0%	0%	0%	0%	1%	1%
Totals	101%	101%	101%	99%	100%	100%	100%	98%	100%	100%	100%	99%	99%
Unweighted N	(1,102)	(386)	(423)	(293)	(438)	(391)	(381)	(335)	(263)	(197)	(216)	(423)	(266)

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1B. How 2025 Has Been — For the country

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	7%	9%	5%	5%	9%	7%	8%	8%	5%	4%	*
Good	17%	21%	12%	14%	15%	14%	23%	19%	5%	13%	*
OK	24%	25%	23%	21%	24%	27%	22%	25%	22%	21%	*
Bad	20%	21%	19%	27%	25%	15%	17%	17%	29%	29%	*
Terrible	28%	20%	36%	25%	27%	32%	27%	27%	37%	29%	*
Not sure	4%	4%	4%	7%	1%	4%	4%	4%	3%	4%	*
Totals	100%	100%	99%	99%	101%	99%	101%	100%	101%	100%	*
Unweighted N	(1,102)	(514)	(588)	(280)	(301)	(312)	(209)	(726)	(138)	(169)	(69)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Great	7%	2%	6%	14%	1%	17%	5%	9%	7%	6%	7%	8%	6%
Good	17%	4%	12%	35%	5%	35%	12%	18%	20%	21%	16%	16%	15%
OK	24%	13%	27%	32%	8%	30%	27%	19%	30%	25%	23%	25%	21%
Bad	20%	33%	18%	9%	30%	11%	20%	18%	22%	18%	20%	20%	23%
Terrible	28%	47%	31%	5%	54%	4%	31%	32%	21%	25%	30%	28%	30%
Not sure	4%	1%	6%	5%	2%	3%	5%	4%	0%	5%	4%	3%	4%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	99%
Unweighted N	(1,102)	(387)	(423)	(292)	(439)	(390)	(381)	(336)	(262)	(196)	(217)	(423)	(266)

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2A. Predict 2026 — For you personally

How do you predict 2026 will be... ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Great	19%	21%	18%	22%	21%	14%	23%	19%	20%	18%	*
Good	29%	30%	28%	28%	30%	28%	31%	32%	17%	27%	*
OK	27%	29%	25%	22%	26%	31%	27%	26%	35%	30%	*
Bad	9%	6%	12%	9%	7%	10%	11%	10%	9%	9%	*
Terrible	6%	6%	5%	7%	9%	5%	2%	7%	2%	4%	*
Not sure	10%	8%	12%	12%	7%	12%	7%	6%	16%	12%	*
Totals	100%	100%	100%	100%	100%	100%	101%	100%	99%	100%	*
Unweighted N	(1,096)	(513)	(583)	(280)	(298)	(312)	(206)	(720)	(138)	(169)	(69)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Great	19%	12%	17%	31%	11%	33%	13%	23%	23%	16%	16%	23%	19%
Good	29%	22%	25%	42%	24%	39%	23%	27%	39%	31%	29%	27%	33%
OK	27%	34%	28%	17%	37%	18%	31%	25%	25%	31%	27%	27%	23%
Bad	9%	14%	9%	4%	14%	3%	13%	8%	6%	7%	12%	9%	9%
Terrible	6%	8%	7%	2%	7%	2%	5%	9%	2%	7%	8%	4%	4%
Not sure	10%	10%	14%	5%	8%	6%	14%	7%	5%	8%	8%	11%	12%
Totals	100%	100%	100%	101%	101%	101%	99%	99%	100%	100%	100%	101%	100%
Unweighted N	(1,096)	(386)	(420)	(290)	(436)	(389)	(379)	(336)	(258)	(196)	(216)	(420)	(264)

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2B. Predict 2026 — For the country

How do you predict 2026 will be... ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Great	14%	18%	11%	12%	14%	12%	20%	15%	7%	17%	*
Good	17%	19%	15%	15%	19%	16%	18%	20%	10%	12%	*
OK	18%	19%	17%	16%	20%	19%	16%	18%	24%	14%	*
Bad	17%	15%	19%	22%	14%	15%	16%	17%	13%	18%	*
Terrible	23%	18%	27%	19%	24%	25%	21%	22%	24%	26%	*
Not sure	11%	10%	12%	15%	8%	12%	10%	7%	22%	12%	*
Totals	100%	99%	101%	99%	99%	99%	101%	99%	100%	99%	*
Unweighted N	(1,096)	(513)	(583)	(280)	(298)	(312)	(206)	(721)	(137)	(169)	(69)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Great	14%	4%	11%	30%	3%	34%	11%	18%	15%	14%	14%	16%	13%
Good	17%	7%	11%	35%	6%	32%	14%	17%	21%	22%	14%	16%	18%
OK	18%	17%	20%	17%	13%	15%	20%	16%	22%	15%	14%	22%	17%
Bad	17%	27%	18%	5%	27%	7%	16%	13%	22%	17%	22%	13%	19%
Terrible	23%	35%	26%	6%	43%	5%	24%	27%	16%	24%	26%	20%	23%
Not sure	11%	11%	14%	8%	8%	6%	15%	8%	5%	8%	11%	13%	10%
Totals	100%	101%	100%	101%	100%	99%	100%	99%	101%	100%	101%	100%	100%
Unweighted N	(1,096)	(385)	(420)	(291)	(435)	(390)	(379)	(336)	(259)	(197)	(216)	(419)	(264)

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3A. Prior 10 Years — For you personally

How were 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
Great	12%	12%	11%	19%	14%	6%	9%	11%	13%	16%	*
Good	31%	31%	30%	27%	26%	30%	41%	33%	22%	28%	*
OK	36%	36%	36%	35%	35%	40%	33%	36%	36%	38%	*
Bad	11%	10%	11%	8%	8%	13%	12%	12%	7%	7%	*
Terrible	7%	6%	8%	3%	11%	9%	4%	6%	9%	6%	*
Not sure	4%	4%	4%	8%	6%	2%	1%	2%	13%	5%	*
Totals	101%	99%	100%	100%	100%	100%	100%	100%	100%	100%	*
Unweighted N	(1,092)	(511)	(581)	(278)	(300)	(308)	(206)	(717)	(137)	(169)	(69)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Great	12%	14%	8%	13%	10%	16%	6%	12%	18%	8%	12%	13%	10%
Good	31%	35%	28%	29%	42%	29%	21%	33%	44%	29%	30%	27%	40%
OK	36%	33%	39%	36%	34%	40%	38%	37%	29%	41%	39%	35%	31%
Bad	11%	10%	10%	13%	8%	10%	18%	8%	5%	14%	11%	9%	10%
Terrible	7%	4%	11%	6%	3%	3%	12%	5%	1%	5%	5%	10%	5%
Not sure	4%	5%	5%	2%	3%	2%	5%	3%	2%	2%	2%	5%	4%
Totals	101%	101%	101%	99%	100%	100%	100%	98%	99%	99%	99%	99%	100%
Unweighted N	(1,092)	(384)	(416)	(292)	(435)	(386)	(379)	(332)	(261)	(197)	(215)	(418)	(262)

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3B. Prior 10 Years — For the country

How were 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
Great	5%	5%	5%	9%	9%	1%	2%	4%	10%	8%	*
Good	18%	20%	16%	21%	18%	12%	23%	17%	17%	21%	*
OK	39%	40%	39%	43%	35%	42%	36%	38%	43%	36%	*
Bad	23%	24%	23%	11%	21%	26%	33%	27%	11%	18%	*
Terrible	8%	7%	9%	5%	8%	14%	2%	8%	5%	8%	*
Not sure	7%	5%	9%	12%	9%	4%	3%	5%	13%	8%	*
Totals	100%	101%	101%	101%	100%	99%	99%	99%	99%	99%	*
Unweighted N	(1,099)	(514)	(585)	(279)	(300)	(310)	(210)	(723)	(138)	(169)	(69)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Great	5%	8%	3%	4%	5%	6%	3%	5%	6%	4%	3%	7%	6%
Good	18%	23%	14%	17%	22%	17%	17%	18%	23%	24%	14%	17%	18%
OK	39%	43%	42%	32%	43%	34%	38%	40%	39%	40%	41%	39%	37%
Bad	23%	16%	18%	36%	19%	31%	24%	23%	22%	21%	30%	21%	21%
Terrible	8%	4%	12%	7%	6%	7%	9%	9%	6%	5%	9%	8%	10%
Not sure	7%	6%	10%	4%	5%	5%	9%	5%	4%	6%	3%	9%	8%
Totals	100%	100%	99%	100%	100%	100%	100%	100%	100%	100%	100%	101%	100%
Unweighted N	(1,099)	(385)	(422)	(292)	(437)	(390)	(381)	(332)	(263)	(197)	(216)	(422)	(264)

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4A. 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 (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Better	42%	46%	39%	46%	54%	37%	34%	41%	46%	47%	*
About the same	31%	33%	28%	25%	22%	35%	39%	33%	22%	29%	*
Worse	12%	10%	13%	14%	11%	10%	13%	14%	6%	8%	*
Not sure	15%	11%	19%	14%	14%	18%	14%	12%	26%	16%	*
Totals	100%	100%	99%	99%	101%	100%	100%	100%	100%	100%	*
Unweighted N	(1,102)	(514)	(588)	(280)	(301)	(311)	(210)	(725)	(138)	(170)	(69)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Better	42%	39%	33%	57%	33%	58%	34%	44%	53%	36%	40%	46%	43%
About the same	31%	29%	32%	30%	35%	30%	34%	29%	28%	35%	30%	27%	34%
Worse	12%	16%	14%	5%	17%	5%	11%	13%	12%	12%	14%	12%	9%
Not sure	15%	16%	21%	8%	15%	7%	21%	14%	6%	17%	16%	15%	13%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	99%	100%	100%	100%	99%
Unweighted N	(1,102)	(386)	(423)	(293)	(439)	(391)	(381)	(335)	(263)	(197)	(217)	(422)	(266)

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4B. 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	32%	39%	25%	26%	35%	32%	33%	35%	29%	26%	*
About the same	24%	24%	24%	26%	21%	24%	24%	24%	21%	22%	*
Worse	26%	23%	29%	27%	27%	23%	27%	27%	18%	33%	*
Not sure	19%	15%	23%	21%	17%	20%	16%	15%	32%	19%	*
Totals	101%	101%	101%	100%	100%	99%	100%	101%	100%	100%	*
Unweighted N	(1,100)	(515)	(585)	(280)	(300)	(310)	(210)	(723)	(138)	(170)	(69)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Better	32%	21%	20%	57%	18%	57%	25%	35%	42%	31%	33%	34%	27%
About the same	24%	22%	26%	23%	22%	22%	25%	23%	24%	23%	26%	20%	29%
Worse	26%	38%	28%	9%	42%	12%	27%	25%	24%	25%	24%	26%	27%
Not sure	19%	19%	26%	10%	18%	9%	22%	16%	10%	21%	17%	20%	18%
Totals	101%	100%	100%	99%	100%	100%	99%	99%	100%	100%	100%	100%	101%
Unweighted N	(1,100)	(387)	(421)	(292)	(439)	(390)	(381)	(334)	(262)	(197)	(216)	(421)	(266)

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5. Last 10 Years in History

Do you think the last 10-year period was...?

	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 in American history	4%	5%	3%	5%	9%	1%	2%	3%	11%	4%	*
About average when it comes to American history	46%	45%	46%	52%	45%	42%	45%	43%	55%	52%	*
One of the worst in American history	38%	39%	38%	24%	34%	49%	42%	44%	20%	30%	*
Not sure	12%	11%	13%	18%	13%	8%	10%	9%	13%	14%	*
Totals	100%	100%	100%	99%	101%	100%	99%	99%	99%	100%	*
Unweighted N	(1,102)	(515)	(587)	(279)	(300)	(313)	(210)	(726)	(137)	(170)	(69)

	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 in American history	4%	5%	3%	4%	5%	5%	4%	5%	4%	5%	2%	5%	4%
About average when it comes to American history	46%	51%	42%	44%	44%	41%	44%	46%	52%	49%	44%	46%	44%
One of the worst in American history	38%	38%	33%	45%	42%	46%	34%	43%	40%	35%	46%	35%	40%
Not sure	12%	6%	22%	6%	9%	8%	17%	7%	5%	11%	9%	14%	12%
Totals	100%	100%	100%	99%	100%	100%	99%	101%	101%	100%	101%	100%	100%
Unweighted N	(1,102)	(387)	(422)	(293)	(439)	(391)	(381)	(336)	(263)	(198)	(215)	(423)	(266)

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6. 2025 in History

Do you think 2025 was...?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
One of the best years in American history	12%	14%	10%	5%	11%	12%	19%	14%	4%	5%	*
About average when it comes to American history	37%	45%	31%	42%	34%	41%	32%	39%	33%	37%	*
One of the worst years in American history	43%	34%	51%	40%	45%	40%	47%	40%	50%	49%	*
Not sure	8%	7%	9%	13%	10%	7%	3%	7%	12%	8%	*
Totals	100%	100%	101%	100%	100%	100%	101%	100%	99%	99%	*
Unweighted N	(1,100)	(512)	(588)	(280)	(300)	(312)	(208)	(725)	(138)	(169)	(68)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
One of the best years in American history	12%	2%	8%	26%	2%	28%	7%	13%	14%	15%	10%	13%	7%
About average when it comes to American history	37%	22%	37%	55%	18%	52%	35%	36%	46%	36%	34%	38%	42%
One of the worst years in American history	43%	73%	41%	14%	75%	14%	46%	46%	37%	42%	51%	39%	42%
Not sure	8%	4%	15%	5%	5%	5%	12%	5%	3%	6%	5%	11%	8%
Totals	100%	101%	101%	100%	100%	99%	100%	100%	100%	99%	100%	101%	99%
Unweighted N	(1,100)	(386)	(422)	(292)	(438)	(389)	(380)	(335)	(262)	(197)	(216)	(422)	(265)

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7. 2026 in History

Do you think 2026 will be...?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
One of the best years in American history	21%	25%	16%	13%	18%	21%	30%	25%	8%	13%	*
About average when it comes to American history	31%	33%	29%	39%	33%	30%	24%	30%	28%	42%	*
One of the worst years in American history	27%	24%	29%	22%	26%	28%	29%	27%	31%	26%	*
Not sure	21%	18%	25%	26%	23%	21%	16%	17%	33%	19%	*
Totals	100%	100%	99%	100%	100%	100%	99%	99%	100%	100%	*
Unweighted N	(1,101)	(514)	(587)	(278)	(301)	(313)	(209)	(725)	(138)	(169)	(69)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
One of the best years in American history	21%	5%	14%	46%	4%	47%	15%	25%	22%	26%	17%	23%	16%
About average when it comes to American history	31%	26%	30%	39%	23%	34%	30%	27%	43%	25%	33%	28%	42%
One of the worst years in American history	27%	47%	27%	5%	54%	8%	26%	30%	24%	27%	32%	23%	25%
Not sure	21%	22%	30%	11%	18%	11%	28%	18%	10%	22%	18%	25%	17%
Totals	100%	100%	101%	101%	99%	100%	99%	100%	99%	100%	100%	99%	100%
Unweighted N	(1,101)	(388)	(420)	(293)	(440)	(389)	(379)	(336)	(263)	(197)	(216)	(423)	(265)

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8. When Children Grow Up

When children in the U.S. grow up, do you think the country will be better or worse than it is now?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Better	23%	27%	18%	22%	28%	16%	28%	24%	19%	24%	*
About the same	19%	20%	17%	21%	20%	19%	16%	17%	24%	14%	*
Worse	37%	33%	40%	35%	30%	44%	35%	38%	23%	41%	*
Not sure	22%	19%	24%	23%	23%	22%	21%	20%	34%	21%	*
Totals	101%	99%	99%	101%	101%	101%	100%	99%	100%	100%	*
Unweighted N	(1,101)	(514)	(587)	(280)	(300)	(311)	(210)	(727)	(136)	(169)	(69)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Better	23%	21%	15%	34%	19%	31%	17%	23%	31%	25%	18%	23%	24%
About the same	19%	16%	21%	18%	15%	19%	21%	18%	21%	14%	17%	20%	22%
Worse	37%	37%	39%	33%	43%	35%	34%	38%	37%	25%	42%	38%	37%
Not sure	22%	26%	25%	15%	22%	15%	28%	21%	10%	36%	23%	18%	17%
Totals	101%	100%	100%	100%	99%	100%	100%	100%	99%	100%	100%	99%	100%
Unweighted N	(1,101)	(386)	(422)	(293)	(437)	(391)	(380)	(335)	(263)	(197)	(217)	(421)	(266)

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9. Rate United States

Rate the way things are currently going in the United States on a scale of 1-10, where 1 is very bad and 10 is very good.

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
1 - Very bad	15%	9%	21%	12%	17%	17%	15%	14%	23%	13%	*
2	9%	7%	11%	10%	5%	11%	10%	9%	9%	7%	*
3	12%	13%	11%	14%	13%	12%	8%	12%	9%	13%	*
4	11%	8%	13%	10%	11%	8%	14%	10%	14%	14%	*
5	12%	11%	14%	19%	12%	15%	3%	11%	18%	14%	*
6	12%	17%	6%	15%	13%	11%	8%	11%	10%	16%	*
7	12%	14%	9%	11%	10%	10%	17%	13%	5%	12%	*
8	10%	11%	8%	4%	10%	9%	15%	12%	3%	4%	*
9	4%	4%	4%	3%	2%	4%	5%	5%	2%	1%	*
10 - Very good	4%	5%	3%	2%	6%	3%	5%	3%	5%	5%	*
Totals	101%	99%	100%	100%	99%	100%	100%	100%	98%	99%	*
Unweighted N	(1,097)	(513)	(584)	(278)	(299)	(310)	(210)	(723)	(136)	(169)	(69)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
1 - Very bad	15%	27%	17%	1%	30%	2%	17%	16%	10%	14%	13%	18%	13%
2	9%	15%	10%	2%	17%	2%	10%	11%	7%	9%	14%	7%	7%
3	12%	18%	14%	3%	19%	4%	11%	14%	11%	9%	13%	10%	16%
4	11%	13%	11%	8%	13%	6%	11%	9%	12%	10%	10%	10%	12%
5	12%	9%	17%	11%	8%	12%	14%	11%	12%	10%	7%	14%	17%
6	12%	9%	11%	15%	4%	11%	14%	7%	14%	14%	13%	11%	9%
7	12%	5%	8%	23%	4%	24%	9%	14%	13%	13%	14%	10%	11%
8	10%	2%	8%	21%	2%	22%	8%	8%	13%	13%	8%	11%	7%
9	4%	2%	1%	9%	1%	8%	3%	4%	3%	5%	5%	2%	4%

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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
10 - Very good	4%	2%	3%	8%	2%	9%	3%	5%	5%	3%	3%	5%	4%
Totals	101%	102%	100%	101%	100%	100%	100%	99%	100%	100%	100%	98%	100%
Unweighted N	(1,097)	(388)	(420)	(289)	(440)	(386)	(380)	(334)	(260)	(196)	(216)	(420)	(265)

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10. Rate United States 10 Years Ago

Rate the way things were going in the United States 10 years ago on a scale of 1-10, where 1 is very bad and 10 is very good.

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
1 - Very bad	4%	4%	4%	3%	4%	5%	4%	5%	2%	1%	*
2	3%	3%	4%	0%	3%	6%	3%	4%	2%	5%	*
3	7%	7%	7%	6%	8%	8%	7%	7%	7%	8%	*
4	7%	6%	9%	8%	8%	6%	8%	8%	7%	6%	*
5	22%	23%	22%	25%	25%	19%	20%	21%	24%	24%	*
6	16%	15%	17%	16%	15%	19%	13%	16%	13%	21%	*
7	19%	20%	18%	21%	15%	18%	21%	20%	15%	15%	*
8	12%	13%	11%	11%	8%	13%	16%	11%	18%	15%	*
9	5%	5%	5%	4%	6%	3%	6%	5%	7%	2%	*
10 - Very good	4%	4%	4%	5%	6%	3%	1%	3%	6%	3%	*
Totals	99%	100%	101%	99%	98%	100%	99%	100%	101%	100%	*
Unweighted N	(1,097)	(512)	(585)	(278)	(300)	(310)	(209)	(724)	(137)	(169)	(67)

	Party ID				2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
1 - Very bad	4%	1%	6%	5%	2%	7%	3%	4%	4%	4%	3%	5%	3%
2	3%	2%	2%	7%	2%	4%	5%	3%	2%	1%	7%	3%	1%
3	7%	4%	9%	10%	6%	9%	8%	5%	8%	9%	10%	6%	6%
4	7%	6%	7%	9%	6%	10%	10%	6%	7%	9%	11%	6%	4%
5	22%	19%	26%	22%	18%	20%	29%	20%	17%	19%	15%	26%	26%
6	16%	15%	18%	15%	17%	16%	11%	20%	17%	11%	16%	17%	18%
7	19%	23%	17%	16%	21%	14%	18%	16%	22%	27%	16%	16%	21%
8	12%	18%	9%	8%	17%	11%	9%	17%	10%	12%	12%	12%	12%
9	5%	7%	2%	5%	7%	6%	4%	4%	7%	6%	4%	5%	5%

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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
10 - Very good	4%	5%	3%	3%	3%	4%	3%	4%	5%	2%	5%	5%	4%
Totals	99%	100%	99%	100%	99%	101%	100%	99%	99%	100%	99%	101%	100%
Unweighted N	(1,097)	(386)	(420)	(291)	(440)	(387)	(377)	(335)	(262)	(197)	(216)	(420)	(264)

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11. Rate United States In 10 Years

Rate the way things will be going in the United States 10 years from now on a scale of 1-10, where 1 is very bad and 10 is very good.

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
1 - Very bad	6%	4%	8%	9%	7%	6%	3%	6%	2%	7%	*
2	5%	6%	4%	1%	6%	7%	4%	5%	6%	6%	*
3	9%	8%	10%	10%	7%	8%	11%	10%	8%	11%	*
4	11%	10%	12%	9%	14%	10%	10%	11%	18%	7%	*
5	20%	17%	22%	21%	18%	22%	16%	18%	19%	22%	*
6	12%	11%	13%	17%	8%	15%	8%	11%	12%	16%	*
7	13%	15%	12%	14%	12%	14%	13%	14%	11%	11%	*
8	13%	16%	11%	9%	13%	9%	25%	16%	9%	12%	*
9	6%	8%	4%	6%	8%	5%	6%	6%	8%	3%	*
10 - Very good	5%	6%	3%	4%	7%	5%	3%	4%	7%	5%	*
Totals	100%	101%	99%	100%	100%	101%	99%	101%	100%	100%	*
Unweighted N	(1,091)	(509)	(582)	(273)	(298)	(312)	(208)	(719)	(137)	(168)	(67)

	Party ID				2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
1 - Very bad	6%	7%	10%	1%	9%	3%	6%	7%	4%	4%	5%	8%	5%
2	5%	7%	5%	3%	9%	3%	4%	6%	4%	6%	5%	5%	5%
3	9%	11%	10%	5%	14%	4%	12%	7%	8%	5%	11%	8%	12%
4	11%	16%	11%	6%	12%	5%	10%	11%	13%	9%	13%	10%	12%
5	20%	20%	27%	11%	23%	12%	23%	21%	15%	23%	20%	18%	18%
6	12%	11%	11%	14%	9%	14%	10%	12%	12%	13%	11%	9%	18%
7	13%	14%	10%	17%	10%	16%	14%	11%	14%	12%	16%	14%	10%
8	13%	6%	10%	25%	7%	24%	11%	9%	20%	17%	10%	16%	11%
9	6%	5%	4%	10%	5%	10%	6%	9%	4%	8%	5%	6%	5%

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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
10 - Very good	5%	4%	3%	8%	3%	9%	3%	7%	5%	4%	3%	6%	4%
Totals	100%	101%	101%	100%	101%	100%	99%	100%	99%	101%	99%	100%	100%
Unweighted N	(1,091)	(383)	(418)	(290)	(437)	(386)	(376)	(334)	(262)	(196)	(216)	(416)	(263)

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12. Will Life Be Better in 2026

Thinking in general about your life in 2026 in comparison to 2025. . . If you had to guess, do you think that your life will be better or worse in 2026?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
I think my life will be better	36%	39%	34%	40%	44%	32%	32%	35%	36%	42%	*
I think my life will be the same	36%	38%	35%	31%	29%	39%	44%	40%	30%	28%	*
I think my life will be worse	16%	15%	17%	17%	15%	15%	18%	17%	18%	15%	*
Not sure	11%	9%	14%	13%	12%	14%	6%	8%	16%	16%	*
Totals	99%	101%	100%	101%	100%	100%	100%	100%	100%	101%	*
Unweighted N	(1,104)	(515)	(589)	(280)	(301)	(313)	(210)	(727)	(138)	(170)	(69)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
I think my life will be better	36%	26%	32%	53%	25%	54%	29%	39%	44%	35%	31%	40%	38%
I think my life will be the same	36%	39%	36%	34%	38%	34%	38%	35%	39%	42%	38%	33%	36%
I think my life will be worse	16%	26%	15%	7%	25%	7%	17%	17%	12%	16%	21%	13%	16%
Not sure	11%	10%	17%	6%	12%	5%	15%	9%	5%	7%	10%	14%	10%
Totals	99%	101%	100%	100%	100%	100%	99%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,104)	(388)	(423)	(293)	(440)	(391)	(382)	(336)	(263)	(198)	(217)	(423)	(266)

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13. Feelings About New Year's Resolutions

How do you generally feel about making New Year's resolutions?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Love it	10%	11%	10%	18%	18%	6%	1%	8%	20%	15%	*
Like it	28%	25%	31%	35%	34%	25%	18%	24%	37%	37%	*
Dislike it	28%	29%	28%	11%	21%	30%	50%	32%	21%	22%	*
Hate it	16%	16%	16%	8%	14%	21%	19%	18%	6%	11%	*
Not sure	18%	20%	16%	28%	13%	18%	13%	18%	16%	14%	*
Totals	100%	101%	101%	100%	100%	100%	101%	100%	100%	99%	*
Unweighted N	(1,103)	(514)	(589)	(280)	(301)	(313)	(209)	(727)	(138)	(170)	(68)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Love it	10%	11%	9%	11%	9%	14%	6%	13%	16%	13%	5%	12%	11%
Like it	28%	33%	25%	25%	29%	26%	30%	27%	27%	26%	21%	29%	35%
Dislike it	28%	31%	23%	32%	33%	33%	30%	26%	28%	26%	38%	24%	27%
Hate it	16%	11%	17%	19%	13%	17%	15%	17%	13%	15%	18%	17%	12%
Not sure	18%	14%	26%	13%	16%	10%	20%	16%	15%	19%	18%	18%	15%
Totals	100%	100%	100%	100%	100%	100%	101%	99%	99%	99%	100%	100%	100%
Unweighted N	(1,103)	(388)	(422)	(293)	(440)	(390)	(382)	(336)	(263)	(198)	(217)	(423)	(265)

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14. Make New Year's Resolution

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

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	31%	31%	31%	40%	45%	26%	14%	28%	37%	40%	*
No	51%	53%	49%	34%	40%	55%	72%	53%	44%	44%	*
Not sure	18%	16%	20%	26%	15%	19%	14%	19%	19%	16%	*
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	*
Unweighted N	(1,103)	(515)	(588)	(280)	(300)	(313)	(210)	(727)	(138)	(169)	(69)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	31%	35%	27%	32%	32%	31%	26%	34%	41%	41%	23%	30%	35%
No	51%	46%	53%	52%	53%	51%	54%	49%	43%	40%	58%	53%	45%
Not sure	18%	19%	20%	16%	16%	17%	20%	17%	17%	19%	19%	17%	20%
Totals	100%	100%	100%	100%	101%	99%	100%	100%	101%	100%	100%	100%	100%
Unweighted N	(1,103)	(388)	(422)	(293)	(439)	(391)	(382)	(336)	(263)	(198)	(217)	(422)	(266)

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15. Which New Year's Resolutions

Which of the following will you resolve to start doing in 2026? 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
Exercising more	25%	26%	24%	31%	31%	23%	14%	22%	29%	33%	*
Being happy	23%	20%	26%	34%	27%	20%	15%	22%	31%	28%	*
Eating healthier	22%	19%	24%	27%	27%	21%	12%	19%	28%	31%	*
Saving more money	21%	21%	22%	29%	31%	20%	6%	18%	28%	30%	*
Improving physical health	21%	22%	20%	25%	24%	22%	13%	20%	18%	33%	*
Losing weight	17%	13%	21%	20%	16%	21%	10%	16%	20%	21%	*
Improving mental health	16%	15%	18%	24%	24%	12%	6%	14%	20%	29%	*
Learning something new	15%	17%	14%	22%	23%	11%	7%	14%	16%	22%	*
Spending more time with family	15%	15%	16%	24%	17%	11%	11%	14%	15%	27%	*
Praying more	15%	13%	18%	15%	22%	13%	12%	13%	29%	19%	*
Reading more	15%	12%	17%	22%	17%	9%	13%	14%	16%	18%	*
Improving relationships with friends or family	13%	12%	13%	18%	19%	9%	5%	12%	15%	14%	*
Paying down debts	12%	9%	15%	10%	16%	15%	6%	11%	20%	17%	*
Improving home or life organization	12%	10%	14%	17%	17%	11%	3%	10%	16%	13%	*
Traveling	11%	13%	10%	18%	18%	5%	7%	9%	10%	22%	*
Quitting a bad habit	11%	12%	9%	13%	14%	10%	5%	10%	12%	15%	*
Spending more time with friends	9%	9%	10%	15%	12%	5%	7%	8%	11%	18%	*
Focusing on spiritual matters	9%	9%	9%	11%	12%	7%	7%	9%	12%	9%	*
Pursuing a career goal	9%	9%	8%	16%	18%	3%	1%	7%	13%	14%	*
Pursuing a new hobby	8%	8%	9%	11%	14%	7%	2%	7%	14%	12%	*
Getting a new job	8%	7%	10%	16%	14%	5%	0%	6%	14%	15%	*

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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
Moving	6%	6%	6%	8%	9%	3%	5%	5%	8%	7%	*
Volunteer more	6%	5%	6%	10%	7%	4%	2%	5%	3%	14%	*
Showing up on time more often	4%	4%	4%	8%	6%	2%	1%	3%	6%	7%	*
Getting more involved politically	4%	5%	2%	4%	5%	2%	3%	4%	3%	2%	*
Other	1%	1%	1%	4%	1%	1%	1%	2%	2%	1%	*
None of these	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	*
Not sure	4%	5%	3%	4%	4%	5%	2%	4%	4%	2%	*
Not asked - Is not setting a resolution for 2026	51%	53%	49%	34%	40%	55%	72%	53%	44%	44%	*
Unweighted N	(1,103)	(515)	(588)	(280)	(300)	(313)	(210)	(727)	(138)	(169)	(69)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Exercising more	25%	26%	20%	30%	23%	29%	21%	28%	29%	31%	20%	25%	26%
Being happy	23%	27%	23%	20%	22%	20%	24%	23%	25%	33%	21%	22%	20%
Eating healthier	22%	24%	18%	24%	22%	22%	19%	23%	25%	26%	17%	21%	26%
Saving more money	21%	21%	19%	25%	19%	23%	18%	25%	23%	25%	15%	21%	26%
Improving physical health	21%	21%	18%	25%	20%	25%	17%	24%	26%	23%	15%	22%	25%
Losing weight	17%	19%	13%	19%	15%	18%	16%	20%	15%	19%	15%	17%	17%
Improving mental health	16%	22%	15%	11%	18%	14%	15%	18%	18%	19%	14%	18%	14%
Learning something new	15%	17%	13%	16%	17%	18%	10%	19%	21%	16%	11%	15%	21%
Spending more time with family	15%	14%	13%	19%	12%	18%	11%	17%	19%	21%	12%	15%	16%
Praying more	15%	15%	12%	19%	11%	18%	13%	19%	16%	21%	12%	16%	14%

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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
Reading more	15%	16%	13%	15%	17%	17%	12%	13%	20%	19%	13%	14%	14%
Improving relationships with friends or family	13%	13%	13%	11%	15%	12%	9%	16%	13%	17%	9%	12%	15%
Paying down debts	12%	15%	7%	15%	12%	13%	16%	12%	9%	11%	10%	14%	13%
Improving home or life organization	12%	12%	10%	14%	11%	14%	9%	14%	15%	16%	7%	10%	18%
Traveling	11%	14%	10%	10%	16%	13%	5%	12%	20%	9%	8%	10%	19%
Quitting a bad habit	11%	9%	14%	9%	10%	8%	13%	10%	9%	21%	4%	9%	11%
Spending more time with friends	9%	11%	10%	7%	11%	9%	7%	10%	10%	10%	8%	10%	10%
Focusing on spiritual matters	9%	8%	10%	9%	8%	12%	8%	12%	8%	8%	7%	11%	9%
Pursuing a career goal	9%	11%	7%	8%	8%	10%	7%	10%	9%	13%	4%	9%	9%
Pursuing a new hobby	8%	9%	9%	6%	10%	6%	7%	10%	10%	7%	7%	8%	11%
Getting a new job	8%	12%	9%	4%	9%	3%	11%	8%	5%	7%	7%	10%	7%
Moving	6%	6%	8%	4%	5%	6%	8%	6%	4%	8%	3%	7%	6%
Volunteer more	6%	6%	6%	6%	8%	6%	3%	5%	11%	5%	2%	7%	7%
Showing up on time more often	4%	6%	3%	3%	4%	4%	2%	5%	7%	6%	3%	4%	3%
Getting more involved politically	4%	4%	4%	3%	5%	4%	2%	5%	4%	6%	2%	4%	2%
Other	1%	2%	1%	1%	1%	2%	1%	2%	1%	5%	1%	1%	0%
None of these	0%	1%	0%	0%	1%	0%	0%	0%	0%	1%	0%	0%	1%
Not sure	4%	3%	7%	2%	2%	1%	4%	4%	2%	1%	5%	3%	6%
Not asked - Is not setting a resolution for 2026	51%	46%	53%	52%	53%	51%	54%	49%	43%	40%	58%	53%	45%
Unweighted N	(1,103)	(388)	(422)	(293)	(439)	(391)	(382)	(336)	(263)	(198)	(217)	(422)	(266)

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16. Likelihood of Keeping New Year's Resolution

How likely is it that you will keep your resolutions throughout 2026?

Among people who say they will make a New Year's resolution or set a goal for 2026

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very likely	39%	44%	35%	36%	46%	*	*	33%	*	*	*
Somewhat likely	50%	46%	54%	53%	42%	*	*	57%	*	*	*
Not very likely	5%	4%	6%	6%	4%	*	*	5%	*	*	*
Not at all likely	2%	3%	2%	1%	4%	*	*	3%	*	*	*
Not sure	3%	3%	3%	5%	3%	*	*	2%	*	*	*
Totals	99%	100%	100%	101%	99%	*	*	100%	*	*	*
Unweighted N	(363)	(173)	(190)	(126)	(129)	(75)	(33)	(214)	(62)	(68)	(19)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very likely	39%	34%	39%	*	33%	46%	32%	40%	47%	*	*	43%	*
Somewhat likely	50%	58%	48%	*	58%	44%	57%	48%	50%	*	*	50%	*
Not very likely	5%	5%	5%	*	6%	7%	7%	5%	2%	*	*	5%	*
Not at all likely	2%	1%	0%	*	1%	2%	4%	3%	0%	*	*	1%	*
Not sure	3%	2%	7%	*	2%	1%	0%	5%	0%	*	*	0%	*
Totals	99%	100%	99%	*	100%	100%	100%	101%	99%	*	*	99%	*
Unweighted N	(363)	(145)	(124)	(94)	(146)	(123)	(110)	(111)	(113)	(76)	(53)	(147)	(87)

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17. Effect of New Year's Resolutions

When people make New Year's resolutions, do you think they generally make the upcoming year better or worse for themselves?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Much better	8%	9%	8%	11%	14%	4%	3%	6%	10%	18%	*
A little better	24%	27%	21%	35%	26%	20%	17%	23%	20%	27%	*
No different	42%	40%	44%	26%	35%	48%	55%	46%	39%	27%	*
A little worse	8%	8%	8%	10%	6%	9%	7%	9%	3%	10%	*
Much worse	3%	3%	2%	3%	4%	3%	0%	2%	6%	1%	*
Not sure	16%	14%	18%	14%	14%	17%	18%	14%	23%	17%	*
Totals	101%	101%	101%	99%	99%	101%	100%	100%	101%	100%	*
Unweighted N	(1,102)	(515)	(587)	(279)	(301)	(312)	(210)	(726)	(138)	(170)	(68)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Much better	8%	8%	5%	12%	6%	14%	6%	8%	12%	9%	8%	8%	7%
A little better	24%	25%	22%	25%	21%	24%	19%	27%	28%	27%	15%	24%	30%
No different	42%	43%	40%	42%	50%	42%	41%	43%	42%	31%	47%	45%	38%
A little worse	8%	9%	8%	7%	9%	7%	6%	9%	10%	11%	10%	5%	7%
Much worse	3%	2%	4%	2%	2%	3%	2%	1%	1%	1%	4%	2%	2%
Not sure	16%	14%	22%	11%	13%	11%	25%	11%	6%	20%	16%	15%	15%
Totals	101%	101%	101%	99%	101%	101%	99%	99%	99%	99%	100%	99%	99%
Unweighted N	(1,102)	(387)	(423)	(292)	(439)	(390)	(381)	(336)	(263)	(198)	(217)	(422)	(265)

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Interviewing Dates	December 9 - 11, 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, 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, 32% Republican). The weights range from 0.051 to 6.563, with a mean of one and a standard deviation of 0.946.
Number of respondents	1,104
Margin of error	± 4.1 points (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	71 questions not reported.