

# Be It Resolved

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## *The New York Times:*

IT'S still early in 2012, so let's be optimistic. Let's assume you have made a New Year's resolution and have not yet broken it. Based on studies of past resolutions, here are some uplifting predictions:

- 1) Whatever you hope for this year — to lose weight, to exercise more, to spend less money — you're much more likely to make improvements than someone who hasn't made a formal resolution.
- 2) If you can make it through the rest of January, you have a good chance of lasting a lot longer.
- 3) With a few relatively painless strategies and new digital tools, you can significantly boost your odds of success.

Read the full story: [\*The New York Times\*](#)

See Roy Baumeister at the 24<sup>th</sup> APS Annual Convention: [Society for the Teaching of Psychology Talk](#) and [Invited Symposium](#)