

Everything You Need To Know About Making New Year's Resolutions

January 04, 2016

The Huffington Post:

Statistically speaking, new year's resolutions are a losing game. A whopping 92 percent of people who set resolutions don't succeed, according to University of Scranton research.

Still, that doesn't mean that the start of a new year isn't a good time to commit to working towards any goals or self-improvement projects that you've put on the back burner.

Succeeding with your resolutions may simply be a matter of being smarter about them. If you *are* going to set some goals this year, maximize your chances of success by following some tried-and-true, science-backed guidelines.

Read the whole story: [The Huffington Post](#)