

How to Keep New Year's Resolutions

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Do you want to eat better, exercise more, stop vaping or lose weight? Great. Now's the time to set those New Year's resolutions. As we head into a year — and a new decade — your first step is to believe you can do it.

The opposite is also true, said University of Scranton psychology professor [John C. Norcross](#), who has studied resolutions for decades. If you think you can't do it, you'll likely prove yourself right.

While about 40% of Americans set resolutions around January 1, about 40% to 44% of them will be successful at six months, said Norcross, reporting his results from multiple studies with colleagues.