

Just 8% of People Achieve Their New Year's Resolutions. Here's How They Do It.

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Forbes:

Let me guess: You want to lose weight in 2013, or maybe just eat healthier. Perhaps you want to spend less money or spend more time with your friends and family.

I know I do.

Self-improvement, or at least the desire for it, is a shared American hobby. It's why so many of us—some estimates say more than 40% of Americans—make New Year's resolutions. (For comparison, about one-third of Americans watch the Super Bowl.)

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“We say if you can't measure it, it's not a very good resolution because vague goals beget vague resolutions,” says John Norcross of the University of Scranton.

Read the whole story: [*Forbes*](#)