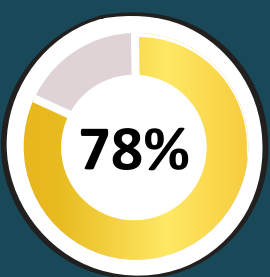


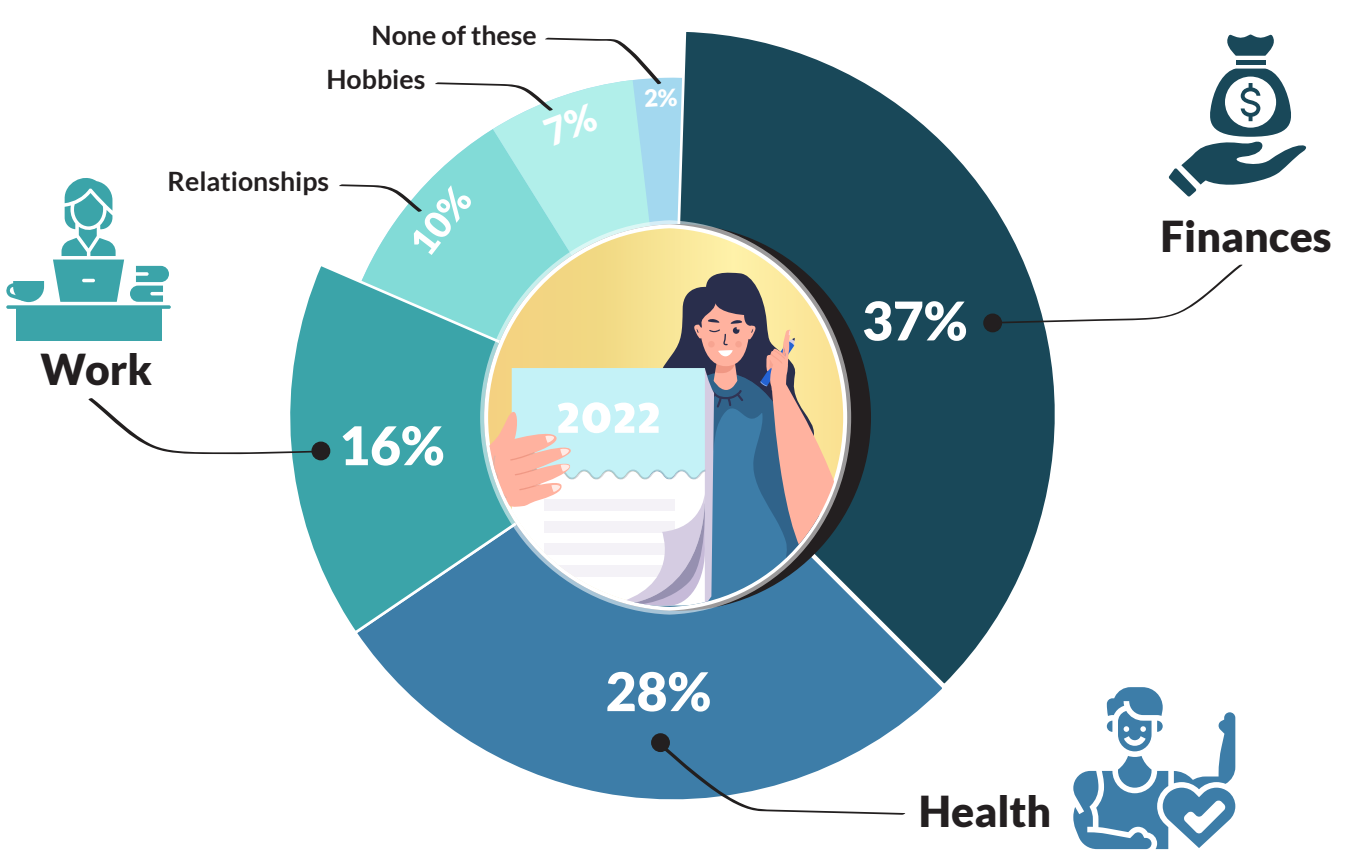


NEW YEAR RESOLUTIONS 2022: Goals & Reality



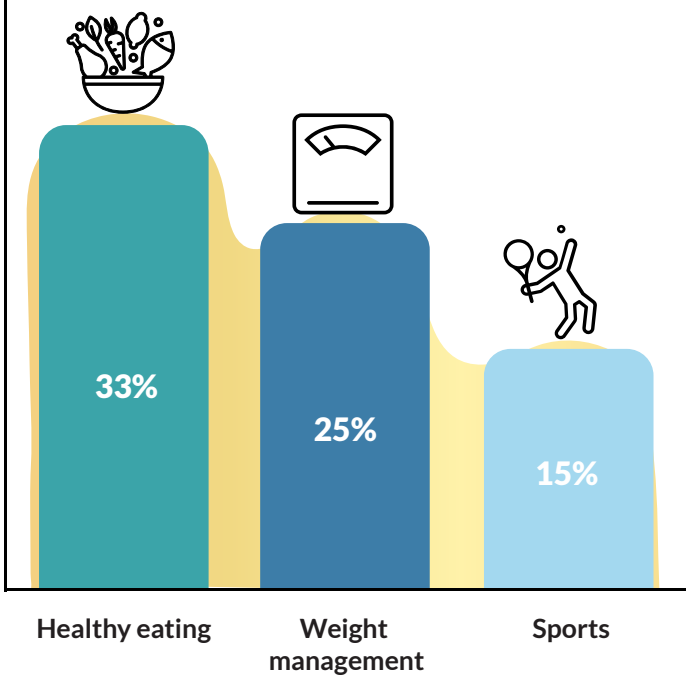
of people made New Year resolutions for 2022.

MOST NY RESOLUTIONS ARE ABOUT ...

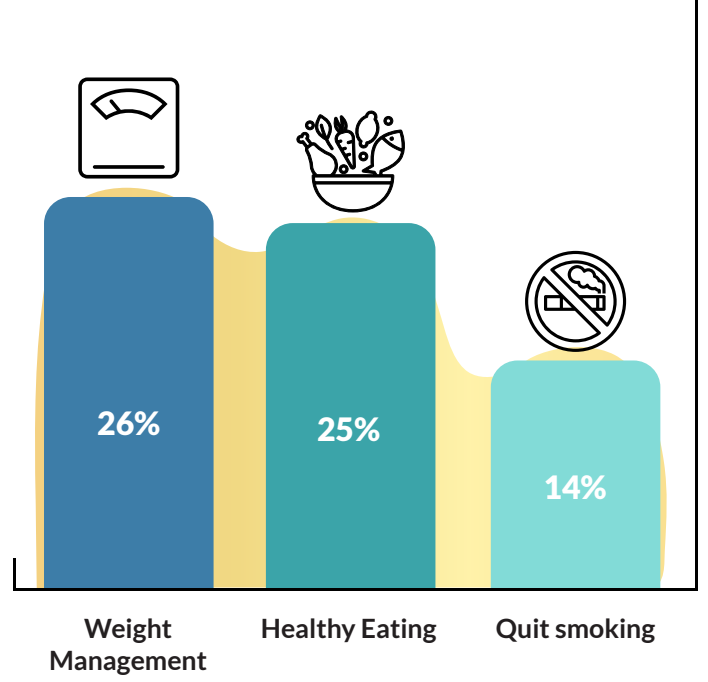


HEALTH-RELATED RESOLUTIONS

Most Popular

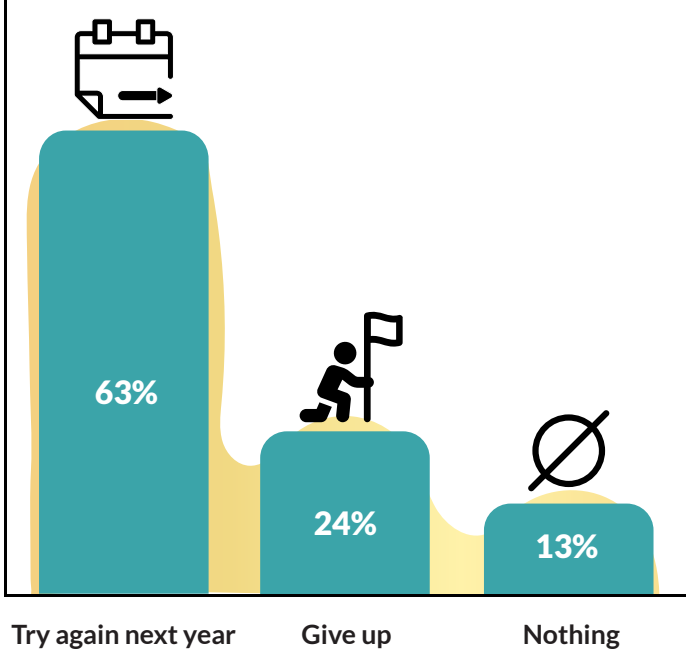


Most Difficult to Keep

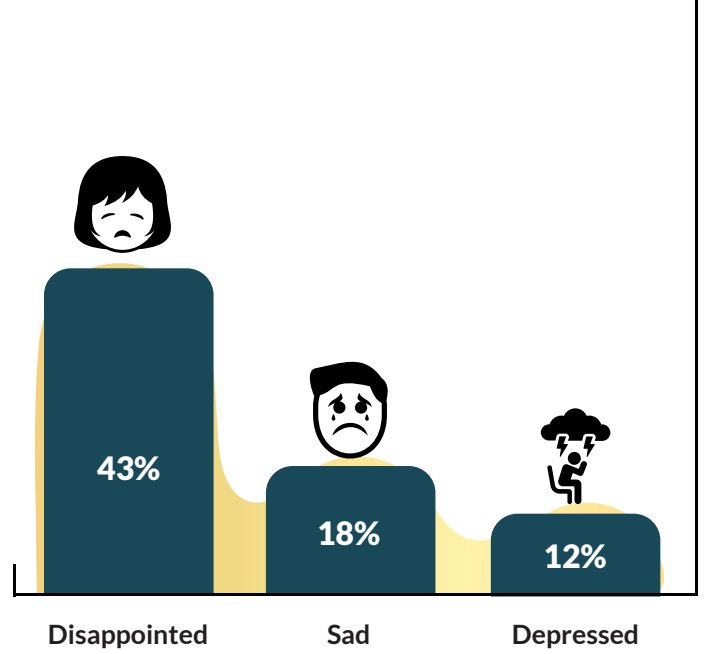


WHEN NY RESOLUTIONS FAIL...

What people DO



How people FEEL



Based on Results From:
 Survey: New Year Resolutions 2022
 Period: 04/01/2022-26/01/2022 | Respondents: 3005 respondents

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