

Question Wording: This year, are you very likely, somewhat likely, or not likely at all to make a New Year's resolution?		
Residents	Very or Somewhat Likely	Not Likely at All
2008	40%	60%
Gender		
Men	37%	63%
Women	44%	56%
Age		
Under 45	55%	45%
45 or older	29%	71%
Residents	Very or Somewhat Likely	Not Likely at All
2007	43%	57%
Gender		
Men	37%	63%
Women	49%	51%
Age		
Under 45	52%	48%
45 or older	36%	64%
2006	44%	56%
2004	35%	65%
2003	34%	66%
2002	39%	61%
2001	44%	56%
2000	40%	60%
1999	37%	63%
1998	38%	62%
1997	37%	63%
December 2008 Marist Poll		

Americans Making Resolutions for the New Year			
2008		2007	
Lose weight	20%	Lose weight	17%
Stop smoking	16%	Stop smoking	17%
Spend less/save more	12%	Be a better person	14%
December 2008 Marist Poll			

Americans Making Resolutions for the New Year			
Women		Men	
Lose weight	22%	Lose weight	17%
Stop smoking	16%	Stop smoking	15%
Spend less/save more	14%	Spend less/save more	9%
December 2008 Marist Poll			

Question Wording: Did you keep your resolution?		
Americans Who Made Resolutions Last Year	Yes	No
2008	60%	40%
Gender		
Men	58%	42%
Women	62%	38%
Age		
Under 45	61%	39%
45 or older	60%	40%
2007	60%	40%
Gender		
Men	63%	37%
Women	56%	44%
December 2008 Marist Poll		

Question Wording: Thinking about what is ahead for the world in 2009, are you generally more optimistic or more pessimistic?

	More Optimistic	More Pessimistic	Unsure
Residents	56%	40%	4%
Gender			
Men	50%	44%	6%
Women	62%	35%	3%
Age			
Under 45	64%	33%	3%
45 or older	52%	43%	5%

December 2008 Marist Poll