

# Top 10 New Year's resolutions for 2016\*



**Lose  
weight**

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**Get  
organised**

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**Spend less,  
save more**

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**Enjoy life  
to the  
fullest**

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**Stay fit and  
healthy**

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**Learn  
something  
exciting**

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**Quit  
smoking**

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**Help others  
in their  
dreams**

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**Fall in love**

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**Spend  
more time  
with family**

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*\* For the US population.  
There were no similar  
local or regional studies  
done, but the results are  
unlikely to differ greatly*

Source: University of Scranton,  
Journal of Clinical Psychology