

# TOP 10 New Year's Resolutions

— From a recent Franklin Covey Survey

**Do any of these include one of your resolutions for 2011?**

1. Break an unhealthy habit (e.g., smoking, alcohol, overeating)
2. Lose weight
3. Develop a healthy habit (e.g., exercise or healthy eating)
4. Get out of debt or save money
5. Develop a new skill or talent
6. Spend more time with family and friends
7. Other
8. Work less, play more
9. Get more organized
10. Change employment

Apparently more than a third of New Year's resolutions are broken by the end of January. Only 23% of people actually stick to their resolutions.

What has a better potential for success is creating New Year's *intentions*.

[Read further . . .](#)