New Year Resolutions

1. Approximately how many people make a commitment to a positive change in their lives?

2. What are the three top resolutions people make?

3. Which group was more successful at keeping resolutions – those who started at New Year or those who were only thinking about it and started later in the year?

4. What is special about New Year according to the speaker?

5. What are the attributes of “successful changers”?

6. How do “successful changers” help themselves achieve their goals?

7. Who is January named after?