

## Only 59% follow through with their New Year resolutions

Written by Australian Business

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**SINGAPORE-- [Media OutReach](#) --30 December 2013--** A poll of over 800 people across Singapore and Malaysia revealed that the biggest challenges to people fulfilling their New Year resolutions are lack of willpower and discipline, and lack of time due to work commitments. In a Live Great survey conducted by life insurance group, [Great Eastern](#), to discover the top New Year resolutions Singaporeans and Malaysians make and their successes in achieving those goals, 56% of respondents said that lack of willpower and discipline was their greatest challenge in realising their quests.

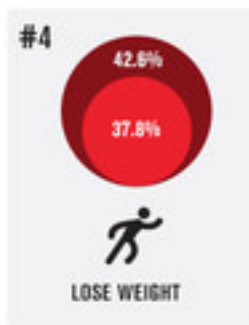
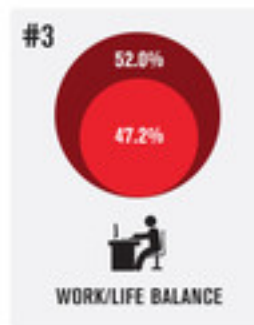
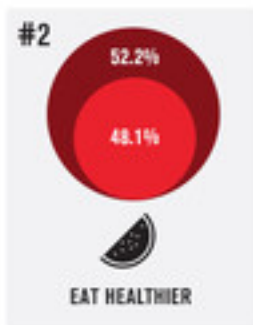
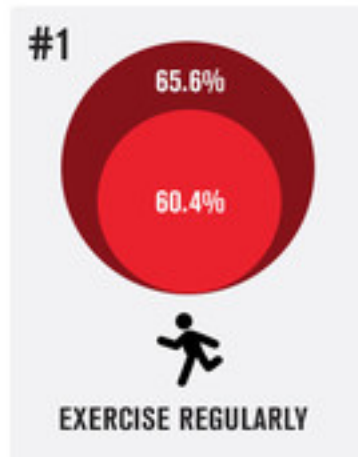
The online survey conducted over a two-week period earlier this month also highlighted lack of time due to work (53%) and family commitments (22%) as the second and third contributing causes respectively weakening people's resolve in their new year pursuits. Despite the challenges, 59% of the respondents declared that they had accomplished their goals in 2013 and were still maintaining them at the time of the survey. 41% confessed to not achieving them and of these, 26% disclosed that they had managed to hold on to their resolutions for only one to three months (see Annex). The study also highlighted that most respondents (48%) had chosen to take on their personal challenges by themselves, without seeking external support. When asked about the success rate of sole endeavours against those planned with others, 53% admitted that plans involving other people achieved a higher success rate compared to solo efforts.

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## TOP 4 RESOLUTIONS OF 2014 ARE HEALTH RELATED

● 2013 ● 2014



Total of 2014 resolutions for health related is 65.6% of them and 60.4% of them in 2013. The plan to

Now that you have seen other people's resolutions. So what's yours?

Lorem ipsum dolor sit amet, consectetur adipiscing ipsum consectetur effluvent.

A grid of eight cards, each featuring a photograph of a person holding a sign with a resolution. Below each photo is the text 'I want to' followed by the resolution. The resolutions are: Lose weight, Live healthy, Be active, Spend more time with family, Quit smoking, Self-improve, Manage my finances better, and Give back to the society.

<http://elouis.mads.civtech.com.au/magazine/2014/01/08/only-59-percent-of-people-follow-through-with-their-new-year-resolutions/>

**80%** OF PEOPLE IN  
**SINGAPORE  
AND MALAYSIA**



*believe*



THE SECRET TO  
**RESOLUTIONS**

IS INVOLVING YOUR FAVOURITE PEOPLE!



**WOMEN** ARE **85%** MORE LIKELY



*to make*

**RESOLUTIONS** THAN **MEN**

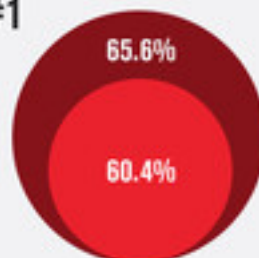
**TOP 4**

RESOLUTIONS OF 2014 ARE

**HEALTH  
RELATED**



#1



EXERCISE REGULARLY

