

Study appendix



HAPPY NEW YEAR'S RESOLUTIONS!

Asking 14,458 people about their new year's resolutions and happiness.

We asked 14,458 people questions about happiness and new year's resolutions and learned about the interesting links between making resolutions and experiencing happiness.

A study by Tracking Happiness

Study link:

<https://www.trackinghappiness.com/happy-new-years-resolution-study/>

Method

We collected 14,458 survey responses from a number of sources. These include Amazon Mechanical Turk (MTurk) workers, our newsletter subscribers, and numerous Facebook groups.

We asked each respondent to complete a 2-minute survey.

Survey responses were collected between December 10, 2021 and December 22, 2021.

Survey respondents were only allowed to respond once.

Illegitimate responses - such as duplicate responses or responses with missing data - were filtered from the results.

The survey responses are completely anonymized. No identifying information was collected.

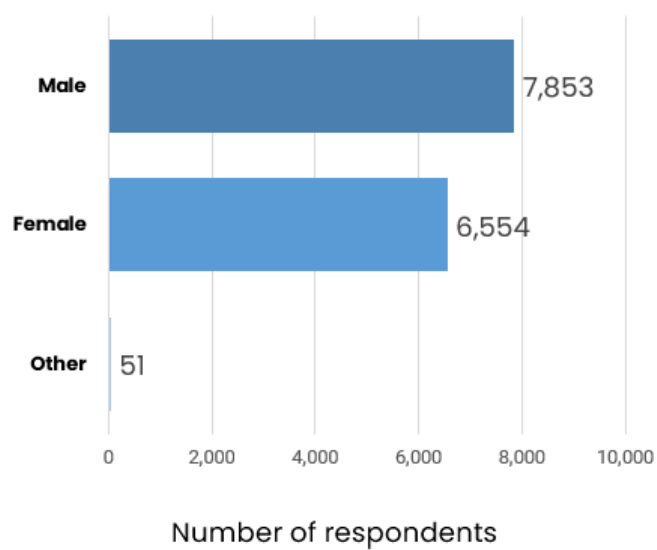
Demographics of the respondents

As part of the survey, we asked respondents 3 demographic questions:

- What gender do you identify as?
- What is your age?
- Where is your home located?

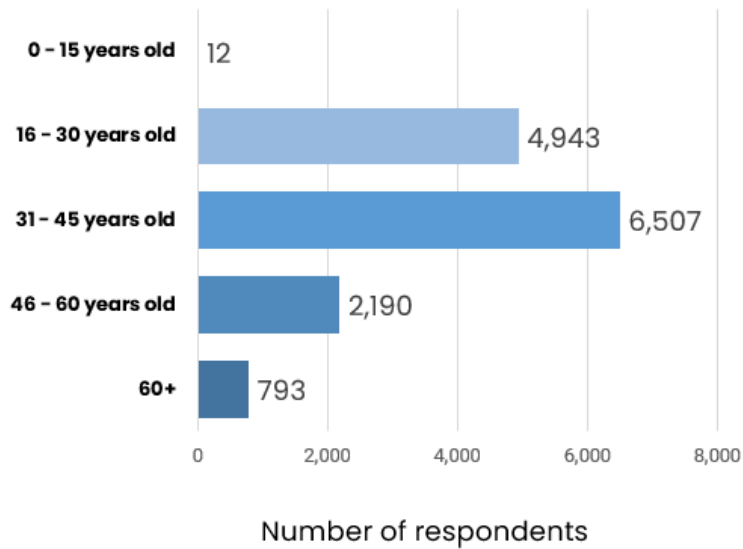
Gender

What gender do you identify as?



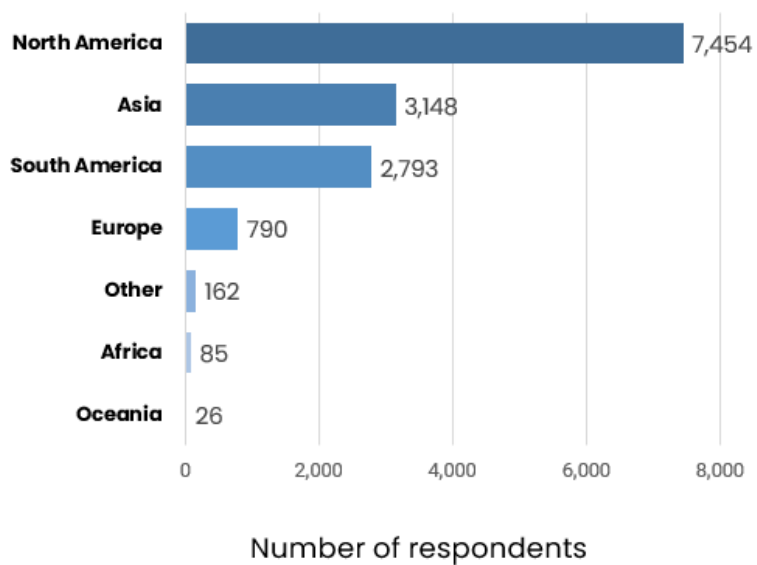
Age

What is your age?



Location

Where is your home located?



Questionnaire

Here is a copy of the exact questionnaire that was sent to the respondents.

Short happiness survey

This is a short 2-min survey that aims to provide more data about happiness and new year's resolutions.

Whatever your answers are, please know that there are no wrong answers.

If you look back at the last year of your life, how would you rate your happiness on a scale from 1 to 10? *

1 2 3 4 5 6 7 8 9 10

Completely miserable Completely happy

Short happiness survey

New year's resolutions

Did you ever make a new year's resolution in your life? *

Yes

No

Page 2

Note: The answer to this question determined the remaining questions of the questionnaire.

If the respondent answered "Yes", then the respondent would go to page 3.

If the respondent answered "No", then the respondent would go to page 6 and would skip pages 3, 4 & 5.

Short happiness survey

Your past new year's resolutions

In the past, were you good at keeping your new year's resolution? *

Pick the answer that most closely describes your situation.

- Yes! I've kept every single new year's resolution I've ever made.
- A little. I've broken some of my new year's resolutions in the past.
- No, I've broken every new year's resolution I've ever made.

Page 3

Note: The answer to this question determined the remaining questions of the questionnaire.

If the respondent answered "Yes", then the respondent would go to page 4 and would skip page 5.

If the respondent answered "No" or "A little", then the respondent would go to page 5 and would skip page 4.

Short happiness survey

Sign in to Google to save your progress. [Learn more](#)

Your past new year's resolutions

Which resolutions have you made (and kept!) in the past? *

Selection of choices based on multiple sources, amongst which:

<https://www.statista.com/statistics/378105/new-years-resolution/>

- Doing more exercise or improving my fitness
- Losing weight
- Saving more money
- Improving my diet
- Pursuing a career ambition
- Spending more time with family
- Taking up a new hobby
- Spending less time on social media
- Giving up masturbation
- Quit watching porn
- Giving up smoking
- Decorating or renovating part of my home
- Volunteering or doing more charity work
- Raising money for a charity
- Cutting down on drinking
- Quitting drinking entirely
- Other: _____

Short happiness survey

Sign in to Google to save your progress. [Learn more](#)

Your past new year's resolutions

Which resolutions did you break in the past? *

Selection of choices based on multiple sources, amongst which:
<https://www.statista.com/statistics/378105/new-years-resolution/>

- Doing more exercise or improving my fitness
- Losing weight
- Saving more money
- Improving my diet
- Pursuing a career ambition
- Spending more time with family
- Taking up a new hobby
- Spending less time on social media
- Giving up masturbation
- Quit watching porn
- Giving up smoking
- Decorating or renovating part of my home
- Volunteering or doing more charity work
- Raising money for a charity
- Cutting down on drinking
- Quitting drinking entirely
- Other: _____

Short happiness survey

New year's resolutions for 2022

Are you planning on making a new year's resolution for 2022? *

Yes

No

Page 6

Note: The answer to this question determined the remaining questions of the questionnaire.

If the respondent answered "Yes", then the respondent would go to page 7.

If the respondent answered "No", then the respondent would go to page 8 and would skip page 7.

Short happiness survey

New year's resolutions for 2022

Which resolutions are you making for 2022? *

Selection of choices based on multiple sources, amongst which:

<https://www.statista.com/statistics/378105/new-years-resolution/>

- Doing more exercise or improving my fitness
- Losing weight
- Saving more money
- Improving my diet
- Pursuing a career ambition
- Spending more time with family
- Taking up a new hobby
- Spending less time on social media
- Giving up masturbation
- Quit watching porn
- Giving up smoking
- Decorating or renovating part of my home
- Volunteering or doing more charity work
- Raising money for a charity
- Cutting down on drinking
- Quitting drinking entirely
- Other: _____

Short happiness survey

[Sign in to Google](#) to save your progress. [Learn more](#)

* Required

Demographics

In order to learn more about your (anonymous) answers, we would like to learn more about your demographics.

What gender do you identify as? *

- Female
- Male
- Genderfluid
- Prefer not to say
- Other: _____

What is your age? *

- 0 - 15 years old
- 16 - 30 years old
- 31 - 45 years old
- 46 - 60 years old
- 60+
- Prefer not to answer

Where is your home located? *

- North America
- South America
- Europe
- Africa
- Asia
- Oceania
- Other: _____