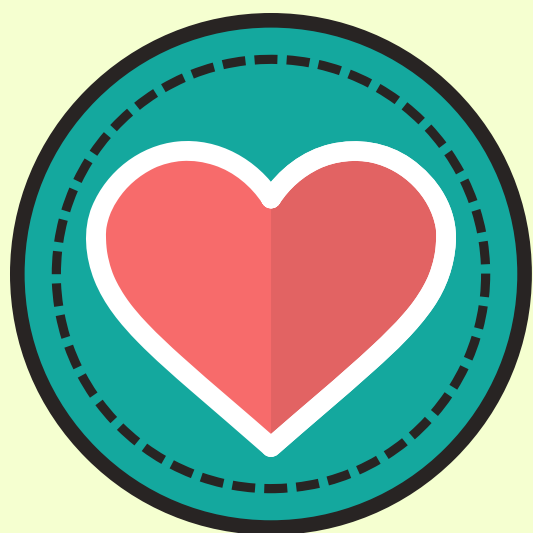


COUNTDOWN OF TOP 10 NEW YEAR'S RESOLUTIONS



10. FIND LOVE

According to a poll conducted by [Statistic Brain](#), 4.3% of people resolved to find their true love in 2017.

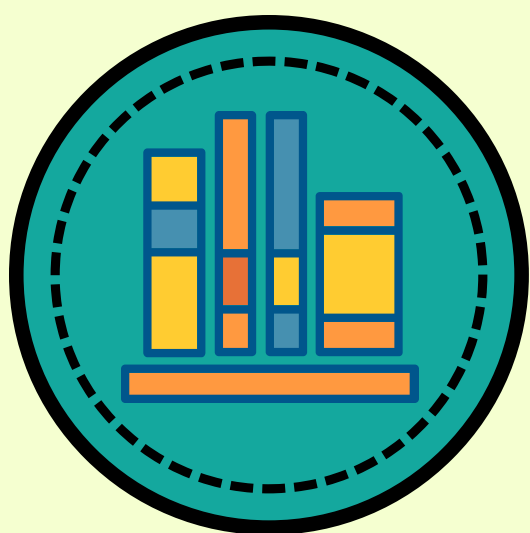
9. DO MORE GOOD DEEDS

In 2017, 5.2% of people wanted to do more good deeds for others. Donating 1-2 hours a week of your time to an all-volunteer run charity can make a huge impact.



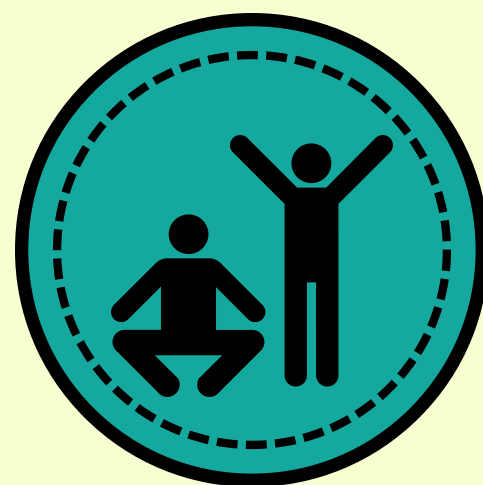
8. LEARN SOMETHING NEW ON OWN

Learning something new on your own takes a lot of discipline - especially when you find the subject drab, but are determined. 5.3% people resolve to learn something new on their own.



7. WORKOUT MORE OFTEN

Even if you workout, pushing yourself to do more may be key to reaching your fitness goals. 5.5% of people made this resolution.

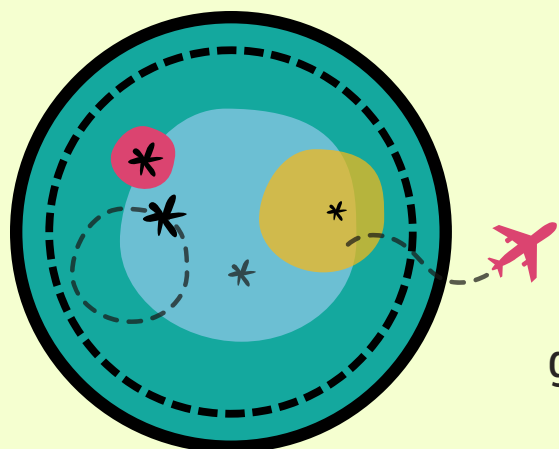


6. SPEND MORE TIME W/ FAMILY & FRIENDS

Life is overwhelming. We spend tons of time working (which we need to do), and sacrifice time with our family & friends. 6.2% worked on their [familial time management](#).



COUNTDOWN OF TOP 10 NEW YEAR'S RESOLUTIONS



5. DO MORE EXCITING THINGS

Everyone's definition of something exciting is different. Whether you aim to be a seasoned globetrotter or tackle a really long book, exciting is what you make it. 6.3% wanted a more exciting new year.

4. QUIT SMOKING

It's a nasty habit that's difficult to quit. For some its easier than for others. Make a plan that you can stick to for maximum results. 7.1% wanted to [quit smoking](#) in 2017!



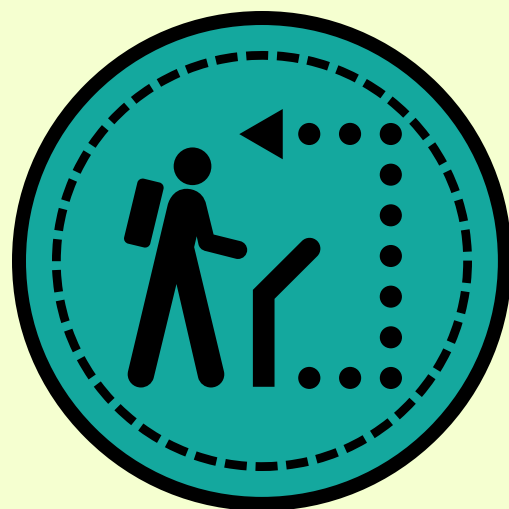
3. BETTER FINANCIAL DECISIONS

Understanding and managing debt helps alleviate unneeded stress. Making better, educated financial decisions ranked an important resolution amongst 8.5%.



2. LIFE/SELF IMPROVEMENT

Any self-improvement changes are huge. Whether your severing a toxic person from your life or setting aside 10 minutes to mediate, you're on your way to a better you! 12.3% of people polled thought so!



1. LOSE WEIGHT/ HEALTHIER EATING

21.4% of folks make this resolution. It takes a lot of discipline to change your lifestyle. You can cook healthier with [Red Copper Cookware](#).

