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This new year more people are resolving to make better decisions than ever

December 31, 2007 – According to a recent web poll conducted by DecideBetter! (www.decidebetter.com), almost everyone who participated in the poll is planning on making New Year's resolutions this year even though most people (76%) traditionally achieve half or less of their resolutions.

The most popular resolutions this year are some of the old standbys: losing weight (59%), exercising more (59%), eating healthier (50%). But now more people are also resolving to make better decisions (26%). They realize that making better decisions is the key to a better life and may be the solution to other problems.

"New Year's resolutions are fundamentally about making decisions," states Michael E. McGrath, founder of DecideBetter! and author of the upcoming DecideBetter! book series. "You need to decide on your priorities for improvement, but it doesn't stop there. You then need to decide how to achieve your resolutions."

The survey found that 86% of respondents make at least some of the same resolutions every year, which shows that they are either making the wrong decision about what resolutions to make or the wrong decision about how to keep their resolutions.

People are more optimistic about achieving their resolutions this year, with half of the respondents stating that they expect to achieve all of their resolutions and another 48% expecting to achieve some of them. To better achieve their resolutions this year, they identified several steps to help follow through, including setting deadlines (45%), rewarding themselves (51%) and reviewing progress (68%). Many also plan to use DecideBetter!'s resources such as the New Year's decision sheet and 2008 decision-a-day calendar.

The full results of the poll can be found on the DecideBetter! website at:
<http://www.decidebetter.com/Lessons/Resources/NewYearsQuiz.aspx>

DecideBetter! has been founded to help people make better decisions in their everyday lives. By making better decisions, everyone can make a better life for themselves. For more information about this poll or about DecideBetter!, please visit the website at www.decidebetter.com or contact Chris McGrath, program manager at cmcgrath@decidebetter.com or by phone at (972) 267-5200.

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