**Preliminary Results:**

405 participants completed part 1

304 participants completed part 2

262 participants completed part 3

240 participants completed part 4

Resolution-level variables:

* Resolution text
* Description of the resolution T1 (and any modifications at T2, T3)
* Status T1, T2, T3, T4 (active, on hold, disengaged, not started/will, not started/wont, achieved/maintaining, achieved/done)
* Using an app to help with resolution T2, T3
* Last time worked on or made progress on T2, T3 (8 choices from today to never)
* commitment at T1, T2, T3 – retrospective T1 commitment measured at T4
* confidence at T1, T2, T3 – retrospective T1 confidence measured at T4
* effort at T1, T2, T3
* Resolution category (physical well-being, mental well-being, money and finances, education, career, social life, spiritual life, family life, societal duties, other)
* If disengaged or not started/wont: qualities of disengagement (extent to which it was a conscious decision, extent to which it was a passive decision, extent to which letting go was related to circumstances)
* goal qualities T2, T3 (conflicts with other goals, tend to forget, costs a lot of money, takes a lot of time, is unpleasant, requires a lot of self-control, others know about resolution, others will be affected by resolution, motivation (i.e., “sometimes I just don’t feel like working towards”)
* number of times resolution set in the past T2, T3, T4 (if disengaged from)
* habit questions (list of behaviors then how often, how often in the same place, how often with others) T2, T3
* estimate of sc required at T1
* amount modified T2, T3
* percent progress at T2, T3, T4
* how objectively measurable the resolution was (measured at T4)
* how subjects knew they were making progress (text)
* resolution (text)
* whether they set the same or a similar resolution in the coming year
* achievement (1, 0)
* achievement (objective 1 to 5)
* success (subjective 1 to 5)

Person-level variables:

* age
* educational attainment
* ethnicity
* gender
* number of resolutions set
* completed part2 of the survey
* whether any resolutions had already been abandoned at T1
* conscientiousness
* grit (and subscales: consistency, perseverance)
* capacity for self-control (and subscales: continuation, inhibition, initiation)
* goal disengagement capacity
* Impulsivity
* self-esteem