

NEW YEAR'S RESOLUTION? LOOKING AFTER MY WELL-BEING

Rather than commitments... GENERAL OBJECTIVES



"I do NOT set myself specific goals"

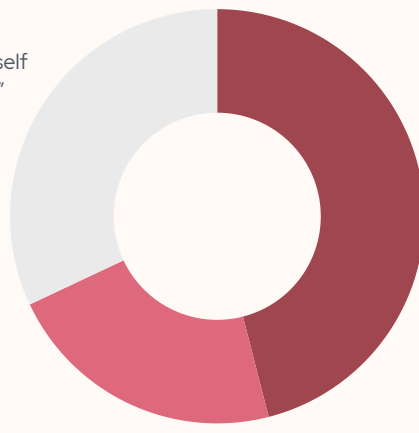
32%

"I prefer to think about GENERAL ideas"

46%

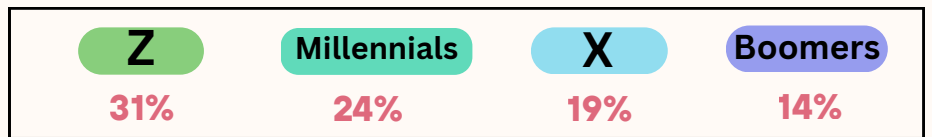
"I set myself SPECIFIC goals"

22%



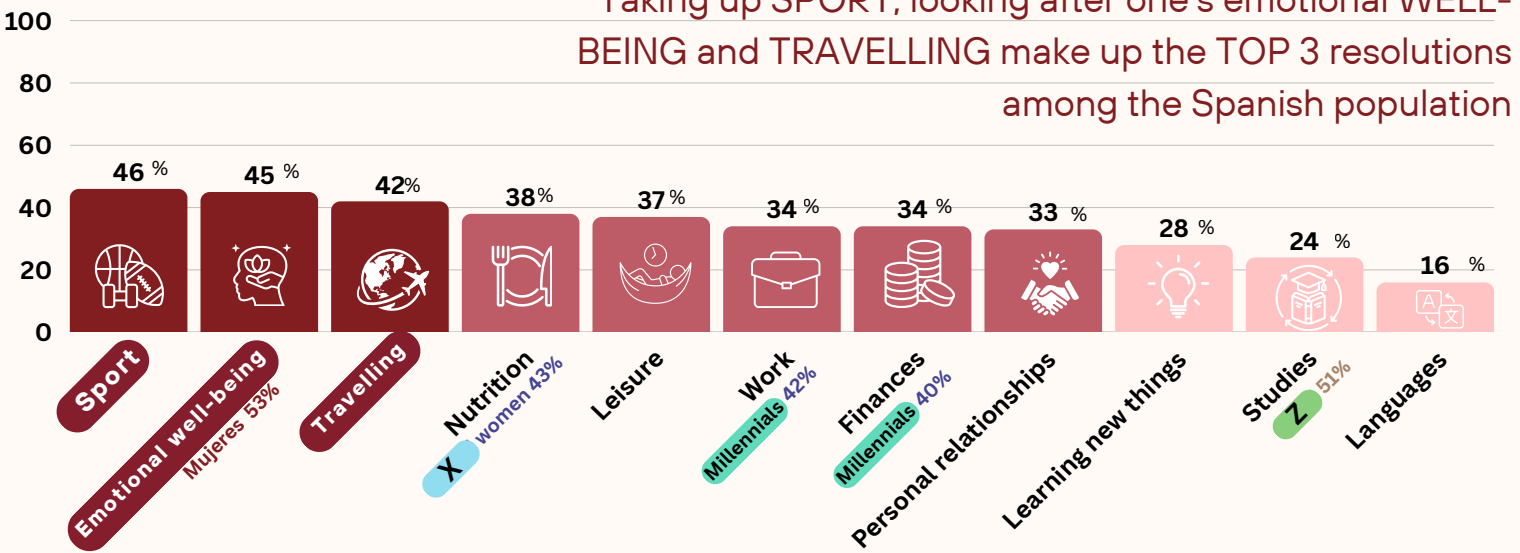
Only 1 in 5 sets specific goals and commitments

a percentage that decreases with age

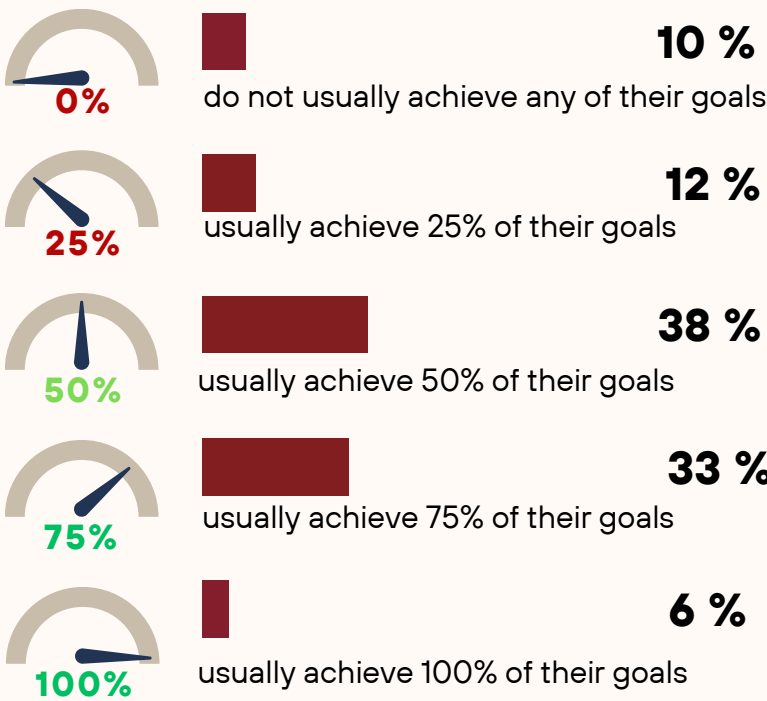


Mens sana in corpore sano... and travelling

Taking up SPORT, looking after one's emotional WELL-BEING and TRAVELLING make up the TOP 3 resolutions among the Spanish population



To what extent do we achieve what we set out to do?



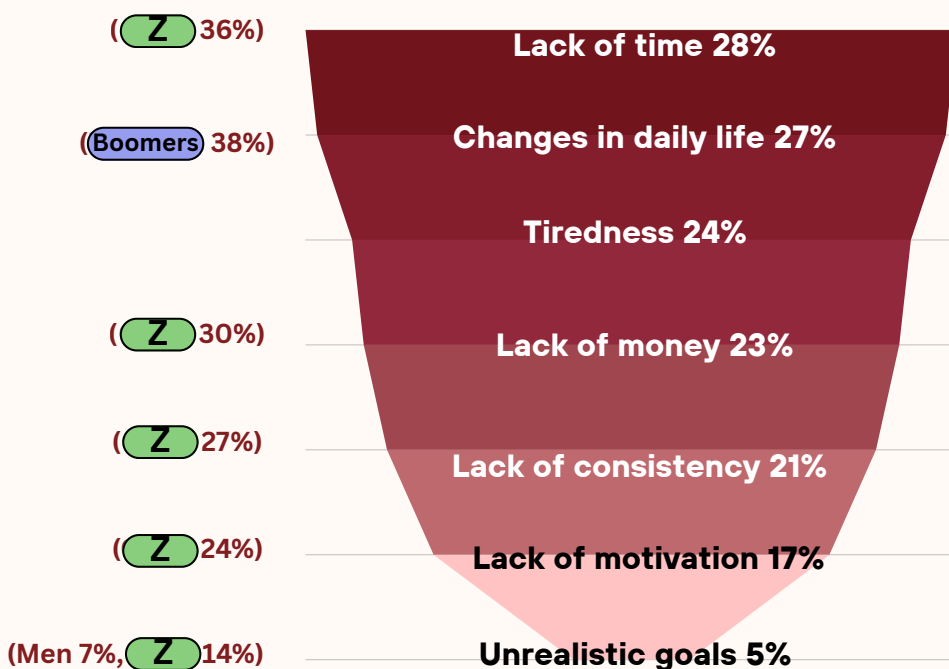
80%

achieve at least half of their goals

Men (9%) and Z (14%) are the ones who most often achieve 100% of their goals



Although DIFFICULTIES sometimes arise



It's not a lack of will, it's lack of time, energy and focus

Gen Z faces more barriers to achieving their goals (time, money, motivation...)

