

Published based on [Top Five Chinese New Year's Resolutions That Typically End Up Ruined](#)

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This impending Chinese New Year, do you have a resolution in mind? Many of us would say yes. It is already a habit that the mark of a brand new year is the perfect day to start anew. It is a brand new episode where we get a new white page to write on our destiny. Nonetheless, as time goes by, some of us tend to forget their pledges to themselves making these resolutions a bunch of kaput promises. Here are the five of the most common resolution that end up wrecked.

Lose Weight

As the year ends we are always positive that we can do this and that. Losing weight is the first promise that people typically break as the first quarter of the year passes by. Individuals tend to lose their discipline and concede to temptations of cheap promotional items like discounts in bars and restaurants and free food materials in different events. Lastly, blame it on to sedentary lifestyle that most offices in the corporate zone is living.

Stop Smoking

To quit smoking is really a hard thing to do. It takes tons of encouragement, discipline and cooperation to make a 180 degrees turn from the lethal vice. People always tell that they'll quit it but this vice is too good for them to renounce. It is part of their lives. No wonder why there are information drives and other occasions that are giving out cheap promotional items regarding the peril and danger of such vice but it seems like that what they are saying is turning into a cliché day by day.

Enjoy quality time with the family

It is quite hard for people who are loaded with too much work behind their backs. More than that, there are times that they need to attend to some happy hour with their co-workers and friends that compromises the short time that they have to spend with their families. There are malls and theme parks that exist to service the whole family. Most of the time, they are distributing cheap promotional products along with promos and discounts during family day only to get a certain family bonded together.

Find true love

Searching for a soul mate might sound cheesy and corny but there are hopeless romantic persons who always hope to see their one true love. Blame it to love stories and rom-com movies and series for dispersing the love bug among the community. But keep in mind, you hold the rudder of your boat and no resolution will tell you when and how you would find your soul mate. On the other hand, this will be a nice market for those businesses who produce cheap promotional items.

Stay away from debt

This might probably the number one resolution of a fixated shop-a-holics who have their credit cards fully maximized. Being a shop-a-holic is already labeled as a psychological disorder. It would be very complicated for these individuals to resist discounts and weekly sales on major malls and business establishments. If you believe that you're on the level of sinking in the sea of debt, consult an expert, they can help you with your problem. But if you are on your way to the initial stage, just go to corporate occasions, trade fairs to ace cheap promotional materials that you can use. Outlandish, but it can help you. At least, you are not shelling out something because these products are free of charge.

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