



## Point Forward Newsletter

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**Please forward this ezine to anyone you know who would be interested in creating a Life Positioning System for themselves or is ready to expand and deepen their happiness.**

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### **Do goals make you happier?**

The research linking goals to increased happiness is somewhat mixed. Researchers William McIntosh and Leonard Martin, both from universities in Georgia, suggest that connecting happiness to the attainment of goals is counterproductive. Daniel Gilbert, author of *Stumbling on Happiness*, says that we humans are horrible at predicting what will actually make us happy in the future, so goals that we think will make us happy, most likely won't meet up to our expectations.

Yet, studies on the concept of flourishing indicate that *being engaged in goal-directed activity* is one of the defining features of a person who is living a full and satisfying life. Still other research published out of Riverside University in California implies that people who reach their goals are indeed happy, but they started out that way. So, does reaching your goals make you happy, or does being happy help you reach your goals? **The potpourri of information seems to indicate that *how you approach your goals is more important than whether or not you achieve them.***

A client of mine set a goal to run a 5k race for the first time. She was not a runner, but she was physically active and her husband was an avid runner. He helped her to design a training plan which would prepare her to run a 5k within a particular amount of time. She started taking walk/runs with her dogs and noticed how happy the dogs were to be getting the extra attention. She went on short runs with her husband and enjoyed the time together with him. She celebrated reaching markers along the way, such as running an entire mile, and completing three miles with only short walks in between longer periods of running. She didn't stick exactly to the training schedule, but by the time the race came, she was satisfied with the progress she had made. It took her longer to complete the 5k than her initial goal, but she was thrilled as she crossed the finish line with a smile on her face – she had run the whole course.

Perhaps the key is to set attainable goals and work towards them while remaining flexible, rather than being attached to achieving the specific outcome. Consider shifting your focus from outcome-driven goals to finding meaning in the activity and enjoying yourself along the way! What goals have you set? How can you relish the journey toward them even more?

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Point Forward, Inc exists to help individuals and organizations shift their orientation to power in order to reach a place of balance and sustainable success. Rooted in Positive Psychology research, the Point Forward Process guides people in establishing a Life Positioning System™ that helps them harness their own POWER to flourish.

For a free introductory coaching session, send an email to [tasha@pointforwardcoaching.com](mailto:tasha@pointforwardcoaching.com) with **FREE Intro to Coaching** in the subject line.

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