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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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## GOALS TO RAISE HAPPINESS

What types of goals do you put most of your energy towards? Ken Sheldon, at the University of Missouri, and his colleagues have studied different types of goals and their relationship to subjective well-being, which is a personal sense of happiness & satisfaction with life. They describe two types of goals: intrinsic and extrinsic.

Intrinsic goals are relational goals: relationship to self and others. Relational goals focus on personal growth, emotional intimacy and things that connect you with groups of people. Extrinsic goals are achievement goals. Achievement goals are focused more externally, such as goals that bring about financial success, fame or a certain public image.

Most of us have goals that fit in both of these categories. Sometimes even the same goal can have both relational and achievement aspects. But the research shows that relational goals make us happier. It's not that achievement goals are bad; it's just that when they become your priority, your overall sense of happiness goes down. On the other hand, **IF YOU FOCUS MORE VALUE AND ENERGY ON YOUR RELATIONAL GOALS, YOUR SENSE OF HAPPINESS GOES UP.**

Sure you want to set goals to achieve things, like making money. After all, not being able to pay bills and feed your family is a major stress factor. But the research backs up the idea that in the long run, focusing on being a good spouse or friend will benefit you more than focusing on getting ahead at work by spending the weekend at the office. The key is finding a balance between these two types of goals.

Think of a goal you're spending a lot of time working towards, and ask yourself what type of goal is this? How does this impact my own engagement and satisfaction? How does this encourage and connect to those around me? How does this support my larger community?

Making sure you set and put energy towards some good relational goals will increase your sense of happiness and life satisfaction now, and in the future.

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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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