RESEARCH ARTICLE

Flexible Self-Control: The Role of Motivation and Regulatory Flexibility During Goal Pursuit

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Abstract

People who are intrinsically motivated are more likely to achieve their goals – but why is this the case? Consistent with recent theorizing, we propose that intrinsically motivated people are more likely to use strategies flexibly based on their goals and situational demands. Across three domains, participants (*N* = 2,939) reported their motivation for pursuing a target goal, their ability to use strategies flexibly when managing temptations, and several indicators of proximal and distal goal attainment. Findings indicate that regulatory flexibility was robustly associated with better goal attainment – people who use strategies flexibly were more likely to resist momentary temptation, made greater subjective progress on their goal, and engaged in more goal-congruent behaviours (healthy food intake, adaptive financial behaviours) and less goal-incongruent behaviours (unhealthy food intake, financial strain, procrastination). When considering motivation, intrinsically motivated people were more likely to use strategies flexibly, which in turn predicted better goal attainment. Conversely, extrinsically motivated people were less flexible, which in turn predicted less goal attainment. Although some variation emerged in the academic domain, findings held when controlling for goal-specific covariates and replicated across both meta-analytic and mega-analytic approaches. Together, these findings suggest that intrinsically motivated people may exhibit better self-control because they can flexibly adapt their strategies to the situation at hand.

***Keywords*:** regulatory flexibility, strategies, intrinsic motivation, self-control, self-regulation

Everyday life is full of small conflicts, often between what we want right now and what we want in the long run. You might plan to eat healthy, save money, or focus on work, only to be lured by temptations into another direction. Such conflicts are rarely predictable, as the same situation can feel very different from one moment to the next. A slice of cake might feel irresistible when you are tired, but easy to decline when you feel motivated to prioritize your health. Likewise, the cake might be appealing today but not necessarily tomorrow. Navigating these shifting circumstances likely requires more than simply resisting or avoiding temptation – instead, it may require different approaches depending on the situation at hand. As the field begins to embrace these more dynamic forms of self-regulation, we propose that optimal self-control is characterized by the ability to use strategies flexibly in accordance with contextual demands and that motivation may play a key role in shaping these responses.

Self-control refers to the process of resolving conflict between competing goals (Inzlicht et al., 2021). Most research on self-control to date has focused on determining the effectiveness of individual strategies in a variety of domains (e.g., Duckworth et al., 2016; Giuliani et al., 2013; Katzir et al., 2021; Lopez et al., 2026). Building on this foundation, the field has recently started to consider the benefits of using a wider range of strategies (Bürgler et al., 2021; Werner et al., 2025), acknowledging that people can use different strategies according to situational

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demands – a concept known as regulatory flexibility. Borrowing from adjacent fields of coping (Bonanno et al., 2023; Bonanno & Burton, 2013) and emotion regulation (Aldao et al., 2015; Gross, 2015), regulatory flexibility has recently been proposed as a key component of successful goal pursuit (e.g., Friese et al., 2024; Hennecke et al., 2024; Werner et al., 2022; Werner & Ford, 2023).

Although regulatory flexibility as a construct is comparatively new in research on self-control, the idea of context-specific or personalized self-regulation features prominently in theories of goal pursuit and behaviour change. For example, regulatory fit theory (Higgins, 2000) proposes that goal engagement improves when there is a match between a person's preferred strategy and situational demands (Sassenberg & Vliek, 2019). From a neuroeconomics perspective, computational models of value-based choice suggest that features of the person, situation, and/or time can unconsciously shape how people assign subjective value to different options, which are then dynamically integrated to guide goal-directed decisions (Berkman, Hutcherson, et al., 2017; Berkman, 2018; Rangel et al., 2008). Evidence from the broader literature on behaviour change is similarly encouraging. For example, just-in-time adaptive interventions are designed to consider dynamic information about the person's internal state and broader context when deciding whether and how to intervene in real time (Nahum-Shani & Murphy, 2026). Although many promising single-strategy interventions for changing behaviour unfortunately do not work in practice (Milkman et al., 2021), the effects of personalized interventions seem to persist over time (Wang & Miller, 2020).

If self-control is indeed dynamic, what are the factors that shape how people manage temptations? The contextual factors that influence how self-regulation unfolds across time span from micro-level (e.g., biological or individual differences) to macro-level (e.g., cultural norms or public policy) (Greenaway et al., 2018; Hofmann, 2024). Among these, motivation stands out as particularly relevant for self-control (Werner & Berkman, 2024; see also Berkman, Livingston, et al., 2017; Fujita et al., 2024; Inzlicht et al., 2014). Central to many motivational accounts of self-control is *why* people are pursuing their goal, specifically whether it is for intrinsic or extrinsic reasons. When intrinsically motivated, people pursue a goal because it aligns with their identity (Berkman, Livingston, et al., 2017; Ryan & Deci, 2017) and any action related to the goal is rewarding in itself (Fishbach & Woolley, 2022; Kruglanski et al., 2002). For example, when running advances the identity-linked goal of "being a healthy person," it brings a sense of fulfillment and purpose – it is something you genuinely *want* to do because it reflects a part of who you are. In contrast, when extrinsically motivated, people pursue a goal because of external pressure (e.g., social expectations, rewards) or to avoid negative emotions such as guilt or shame (Werner & Milyavskaya, 2019). For example, running to earn praise (e.g., kudos on Strava) or to avoid feeling guilty for skipping a workout – it is something you feel that you *have* to do.

Motivation not only determines *whether* a person pursues a goal, but also *how* they regulate their behaviour when faced with temptation. For example, a recent experience sampling study found that people were more likely to exert self-control in situations where they felt intrinsically motivated (Williamson & Wilkowski, 2025). One possible explanation proposed by the authors is that intrinsic motivation improves self-regulation by shaping which strategies people use. Supporting this idea, intrinsically motivated people who used implementation intentions made greater progress on their goals (Koestner et al., 2002). Similarly, intrinsically motivated people were more likely to use situation modification to structure their (hypothetical) environment in goal-supportive ways – such as hiding unhealthy snacks or selecting distraction-free study spaces (Leduc-Cummings et al., 2022). These findings provide initial support for the idea that intrinsically motivated people may regulate more effectively because they draw on strategies

that fit their goals and different situations they encounter in daily life.

In the current research, we examine the role of motivation and regulatory flexibility during goal pursuit. Considering that empirical research on regulatory flexibility in the context of self-control is only just beginning to emerge, our first aim was to establish the link between regulatory flexibility and different facets of goal attainment. Consistent with recent theorizing (Werner & Berkman, 2024), our second aim was to examine the link between motivation and regulatory flexibility. As a secondary third aim, we also considered whether regulatory flexibility at least partly explains why intrinsically motivated people are more likely to achieve their goals. To maximize the replicability and generalizability of our findings, we tested these aims across three domains where people commonly experience temptation, including healthy eating, financial savings, and academic performance. As a more holistic assessment of goal attainment, we also captured a wide range of both proximal and distal indicators of success – including the likelihood of successfully resisting momentary temptation in real-life self-control conflicts, subjective progress on the longer-term goal, and domain-specific behaviours that were either congruent (i.e., healthy food intake, time spent studying, adaptive financial behaviours) or incongruent (i.e., unhealthy snack intake, procrastination, financial strain) with the longer-term goal.

Statement of Transparency

The data used in the present study were initially collected as part of several larger studies on goal pursuit. None of the research questions or combinations of variables in the following analyses have been previously analyzed or published. Although the research questions and analyses were not formally pre-registered, they were informed by theoretical ideas outlined in an earlier conceptual review. All relevant datasets collected by the lead author were included in the following analyses, thereby allowing us to conduct exploratory analyses on an initial dataset, confirm these results in the remaining datasets, and conduct summary analyses across all datasets (i.e., meta-analysis, mega-analysis). All study materials, data files, and statistical code to replicate the primary and supplementary analyses are available on OSF. Project link: [redacted during peer-review].

Method

Participants and Procedure

Participants (total N = 2,939) were recruited from a psychology participant pool at different universities in Canada or Amazon's Mechanical Turk (MTurk) via CloudResearch. Across all samples, participants were majority women (54%), White (62%) or Asian (20%), and were on average 36 years old (M = 36.21, SD = 14.53). Demographics for individual samples are summarized in Table 1S. All participants completed an online survey about a target goal, including the goal to eat healthy (Sample A), save money (Sample B), or achieve a desired GPA (Sample C). Participants completed a series of questionnaires about their experiences pursuing the target goal, including their motivation, their ability to flexibly use strategies when managing temptations that conflict with their goal, and various indicators of goal attainment.

Two samples were included for each domain resulting in six individual samples in total. One sample focused on healthy eating, however, did not include a measure of goal motivation or domain-specific behaviours and was therefore excluded from analyses involving these variables. For consistency, we combined samples within each domain for all primary analyses. Analyses conducted separately for each individual sample yielded the same general pattern of results (see Supplementary Analyses).

Measures

Descriptive statistics and correlations for all study variables in each domain are presented in Table 2S.

Intrinsic and Extrinsic Motivation. Participants rated their motivation for pursuing the target goal using a single item to represent each of five

different types of motivation proposed by Self-Determination Theory (Ryan & Deci, 2017), consistent with prior research (Milyavskaya et al., 2015; Werner et al., 2016). The external and introjected items combined represent extrinsic motivation; and the identified, integrated, and intrinsic items combined represent intrinsic motivation. Responses were made on a Likert scale ranging from 1 (*not at all for this reason*) to 7 (*completely for this reason*). Items for each subscale were averaged, with higher scores indicating people were more intrinsically motivated and extrinsically motivated, respectively.

Regulatory Flexibility. An adapted version of the Coping Flexibility Scale (13-items; Vriezekolk et al., 2012) assessed participants' self-reported ability to switch between strategies according to personal goals and situational demands. Specifically, they were asked: "When confronted with a temptation that conflicts with an important goal…" followed by items such as "I immediately change my approach if a certain approach fails," "I easily think of a different approach that suits the changing situation," and "I have enough different options to quickly solve the problem." Responses were made on a five-point Likert scale ranging from 1 (*Never*) to 5 (*Almost Always*). All items were averaged, with higher scores indicating people had a greater ability to use strategies flexibly.

Resisting Momentary Temptation. Following a guided recall procedure (adapted from Ford et al., 2018), participants responded to a series of prompts asking them to describe the strongest temptation they recently experienced (e.g., within the last 24 hours, within the last week) that conflicted with the target goal. After describing the event, participants whether they gave into the temptation (Hofmann et al., 2012). Response options were either yes or no, which were re-coded as 0 = gave in to the temptation and 1 = successfully resisted the temptation.

Subjective Goal Progress. Participants in all samples were asked to indicate how much progress they made on the target goal using three items (e.g., Koestner et al., 2008): "I have made a lot of progress toward this goal", "I feel like I am on track with my goal plan", and "I feel like I have achieved this goal." Responses were made on a seven-point Likert scale ranging from 1 (*strongly disagree*) to 7 (*strongly agree*). All items were averaged, with higher scores indicating greater subjective goal progress.

Domain-Specific Behavioural Outcomes. In each sample, participants reported domain-specific outcomes indexing both goal-congruent and goal-incongruent behaviours.

Healthy and Unhealthy Food Intake. Participants' food intake in a typical week was assessed using an adapted version of the Dana-Farber Cancer Institute Eating Habits Questionnaire (n.d.). The two items assessing total servings of fruits and vegetables consumed in a typical week were averaged together as a measure of healthy food intake. For unhealthy food, participants responded to a single item asking how many servings of high-fat/sugar snacks they consume in a typical week. Responses were made on a nine-point scale ranging from 1 (0 servings a week) to 9 (5+ servings per day), with higher scores indicating greater consumption of healthy food and unhealthy snacks, respectively.

Adaptive Financial Behaviours and Financial Strain. Adaptive financial behaviours were assessed using the Financial Capability Scale (Collins & O'Rourke, 2013), which measures both self-efficacy (e.g., "How confident are you in your ability to achieve a financial goal you set for yourself today?") and specific financial behaviours (e.g., "Do you currently have a personal budget, spending plan, or financial plan?). Responses to all items were re-coded and summed, with higher scores indicating more adaptive financial behaviours. Financial strain was assessed using a single item (adapted from Putterman et al., 2012): "In the past six months, how hard has it been for you to pay for the very basics like food, housing, medical care, and heating?" Responses were made on a four-point scale ranging from 1 (very hard) to 4 (not very hard). Responses were reverse

coded, with higher scores indicating greater financial strain.

Hours Studying Per Day and Procrastination. Studying behaviours were assessed using a single, face-valid item: "On average, how many hours do you study per day?" Responses were made on a six-point scale ranging from 1 (0-1 hrs) to 6 (10+ hrs), with higher scores indicating more time spent studying. Procrastination tendencies for one's current classes were assessed using the short form of the Academic Procrastination Scale (5-items; Yockey, 2016). Responses were made on a seven-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree). All items were averaged, with higher scores indicated greater procrastination tendencies.

Results

Does Regulatory Flexibility Relate to Different Facets of Goal Attainment?

Our first aim was to establish the link between regulatory flexibility and goal attainment across a variety of goal outcomes. For each goal outcome, we first ran binary logistic regressions or calculated Pearson's correlations with regulatory flexibility as the predictor *within each domain.* Except for domain-specific behaviours, we then tested the average association between regulatory flexibility and each outcome *across all domains*. We also re-ran all analyses controlling for additional covariates (see Tables 4S and 5S) and in each individual sample (see Table 8S), neither of which changed the pattern of results.

Regulatory Flexibility and Resisting Momentary Temptation

We hypothesized that having a greater ability to use strategies flexibly would be associated with successfully resisting momentary temptation in response to real-world self-control conflicts. As shown in Figure 1a, results from an internal meta-analysis suggests that people who use strategies flexibly were more likely to successfully resist momentary temptation when facing a real-world self-control conflict. Specifically, the odds of resisting temptation were 2.4 times higher for each one unit increase in the ability to use strategies flexibly. The results were similar for the mega-analysis, with both effect sizes being medium.

Regulatory Flexibility and Subjective Goal Progress

We hypothesized that having a greater ability to use strategies flexibly would be associated with greater subjective goal progress. As shown in Figure 1b, results from an internal meta-analysis suggests that people who use strategies flexibly were more likely to make better progress on their long-term goal. The results were near identical for the mega-analysis, with both effect sizes being large.

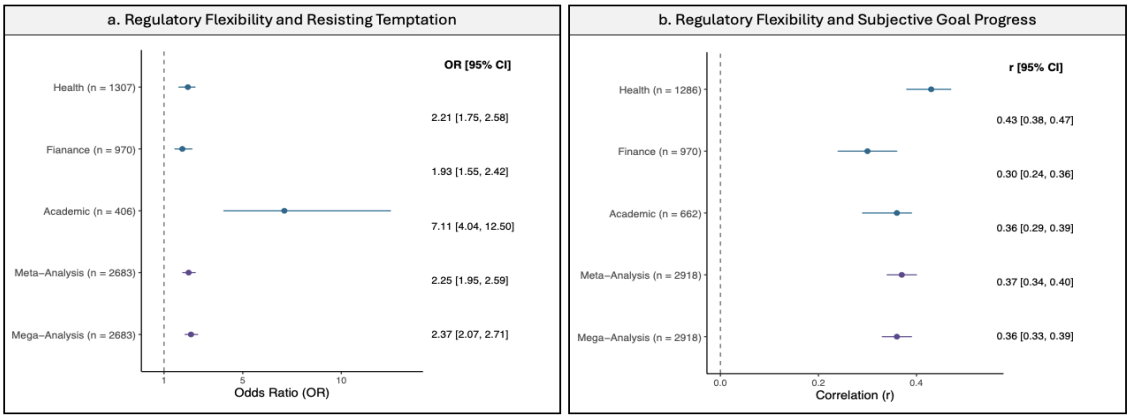
Regulatory Flexibility and Domain-Specific Outcomes

We hypothesized that having a greater ability to use strategies flexibly would be generally associated with engaging in more goal-congruent behaviours and less goal-incongruent behaviours. Because prior research finds that regulatory processes may predict differentially goal outcomes (e.g., Bürgler et al., 2021; Werner et al., 2025; see Smyth et al., 2023), we did not make explicit predictions for each indicator. As shown in Figure 2, people who use strategies flexibly tended to engage in more goal-congruent behaviours and less goal incongruent behaviours – including consuming more healthy food and less unhealthy snacks (Figure 2c-d), more adaptive financial behaviours and less financial strain (Figure 2e-f), and more time studying and less procrastination (Figure 2g-h). Effect sizes for all associations ranged from small to large.

Do Intrinsically Motivated People Use Strategies More Flexibly?

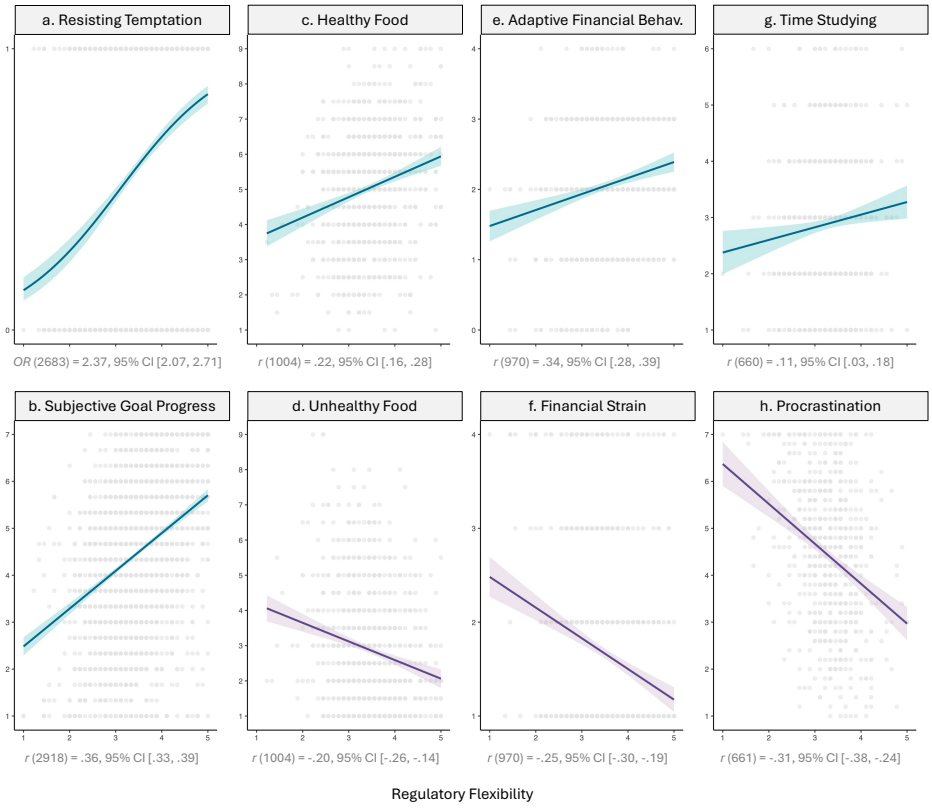
Our second aim was to establish the link between motivation and regulatory flexibility during goal pursuit. We hypothesized that intrinsically motivated people are more likely to use strategies flexibly. As shown in in Figure 2, we first calculated the Pearson's correlations between each motivation type (intrinsic, extrinsic) and regulatory flexibility *within each*

Figure 1. Domain-Level, Meta-Analytic, and Mega-Analytic Associations Between Regulatory Flexibility and Goal Attainment Outcomes



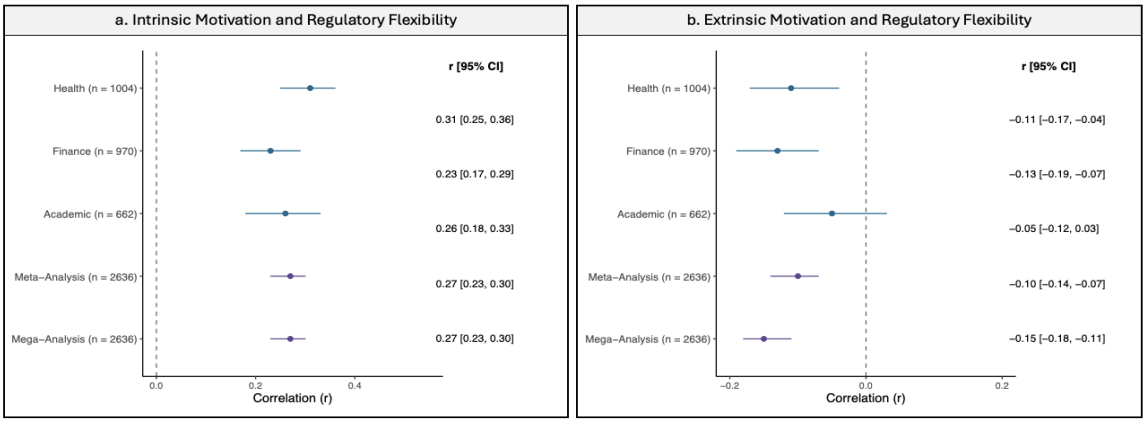
Note. Estimates with 95% confidence intervals that cross the dashed vertical line are not statistically significant. For the academic domain, participants in one sample responded to a hypothetical self-control episode (n = 256) and the other were asked to recall a recent self-control episode (n = 406). Consequently, the results in Panel A for the academic domain only include the sample focusing on a recalled self-control episode (i.e., participants in the sample responding to a hypothetical self-control episode did not indicate whether they resisted the temptation because they did not actually experience the temptation).

Figure 2. Associations Between Regulatory Flexibility and Goal Attainment Outcomes



Note. The graphs for resisting temptation (binary logistic regression) and subjective goal progress (Pearson's correlation) depict the mega-analyses. The graphs for the domain-specific outcomes (Pearson's correlations) correspond to that domain.

Figure 3. Domain-Level, Meta-Analytic, and Mega-Analytic Associations Between Motivation and Regulatory Flexibility



Note. Estimates with 95% confidence intervals that cross the dashed vertical line are not statistically significant

domain. We then tested the average associations between motivation and regulatory flexibility *across all domains*. Results from an internal meta-analysis suggest that intrinsically motivated people were more likely to use strategies flexibly, with both the meta-analytic and mega-analytic effect sizes being medium. Conversely, extrinsically motivated people were less likely to use strategies flexibly, with both the meta-analytic and mega-analytic associations being small (Figure 3b). The same general pattern also emerged for each individual domain (Figure 2b). The one exception is that the link between extrinsic motivation and regulatory flexibility was not significant in the academic domain, though the association was in the same general direction. We also re-ran all analyses controlling for additional covariates (see Table 6S) and in each individual sample (see Table 9S), neither of which changed the general pattern of results.

Does Regulatory Flexibility Mediate the Link Between Motivation and Goal Attainment?

Our third aim considers whether regulatory flexibility at least partly explains why intrinsically motivated people are more likely to achieve their goals. We hypothesized that intrinsically motivation people are more likely to use strategies flexibly, which in turn predicts better goal attainment. In accordance with best practices, we conducted a series of statistical mediation analyses following the guidelines proposed by Montoya (2022). Specifically, we only tested models grounded in existing theory, tested for *XM* interactions, and conducted sensitivity analyses controlling for relevant covariates. For each outcome, we modeled intrinsic and extrinsic motivation as simultaneous predictors and regulatory flexibility as the mediator. Importantly, although the statistical models map onto existing theory, we acknowledge that causal inferences cannot be inferred based on the current data. Results for each domain and all mega-analyses are presented in Figures 4 and 5. We also re-ran all analyses controlling for additional covariates (see Table 7S) and in each individual sample (see Tables 10S and 11S), neither of which changed the pattern of results.

Resisting Momentary Temptation and Subjective Goal Progress

As shown in Figure 4, intrinsically motivated people were more likely to use strategies flexibly, which in turn predicted a greater likelihood of successfully resisting temptation and making

better progress on their longer-term goal. Conversely, extrinsically motivated people were less likely to use strategies flexibly and, in turn, were less likely to successfully resist momentary temptation and made less progress on their longer-term goal. This pattern of findings generally replicated within each individual domain (Figure 4a-c) and in the mega-analysis pooling all datasets (Figure 4d).

Domain-Specific Behavioural Outcomes

As shown in Figure 5, intrinsically motivated people were more likely to use strategies flexibly and in turn engaged in more goal-congruent behaviours and less goal-incongruent behaviours. This includes consuming more healthy food and less unhealthy food, engaging in more adaptive financial behaviours and experiencing less financial strain, and experiencing less procrastination. Although intrinsically motivated people tended to spend more time studying, this was not accounted for by the ability to use strategies flexibly.

Extrinsic motivation showed the opposite pattern. Extrinsically motivated people were less likely to use strategies flexibly and in turn engaged in less goal-congruent behaviours and more goal-incongruent behaviours. This includes consuming less healthy food and more unhealthy snacks, engaging in less adaptive financial behaviours and experiencing more financial strain. Both extrinsic motivation and regulatory flexibility were unrelated to time spent studying. There were also no significant indirect effects between extrinsic motivation and either time spent studying or procrastination.

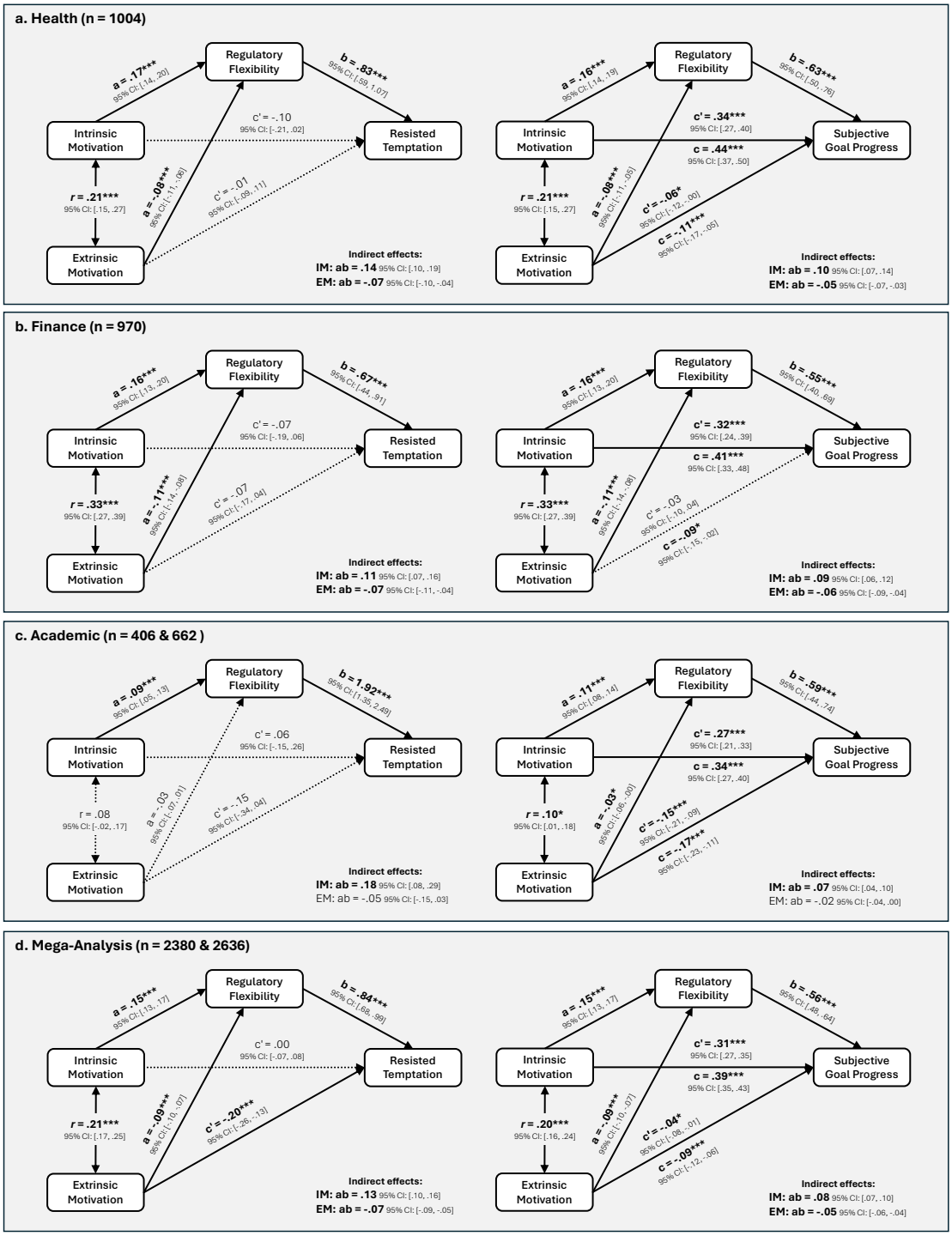
Discussion

We live in a world that is constantly in flux – our environments, demands, and internal states are always shifting. In this ever-changing landscape, how do people stay on track with their goals, especially when faced with tempting distractions? Across three important life domains, we found that the ability to use strategies flexibly broadly related to different facets of goal attainment and that intrinsic motivation was robustly associated with regulatory flexibility. Furthermore, regulatory flexibility statistically mediated the association between motivation and goal attainment, such that intrinsically motivated people tended to use strategies more flexibly and in turn made better progress on their goals.

The current study is among the first to establish that regulatory flexibility is associated with a broad and generalizable pattern of goal attainment outcomes, including both proximal and distal indicators of success. Specifically, people who use strategies flexibly were more likely to resist momentary temptation when managing a real-world self-control conflict and made greater progress on their long-term goal. These associations were particularly robust, with meta-analytic and mega-analytic effect sizes showing large associations across domains. When examining domain-specific behaviours, we observed similarly encouraging, albeit smaller, associations. People who use strategies flexibly reported healthier eating, more time spent studying, and more adaptive financial behaviours, along with less unhealthy eating, less financial strain, and less procrastination. Effect sizes ranged from small to large with most falling within the medium range. These findings highlight the role of regulatory flexibility in helping people to both actively resist temptation and proactively move toward their goals.

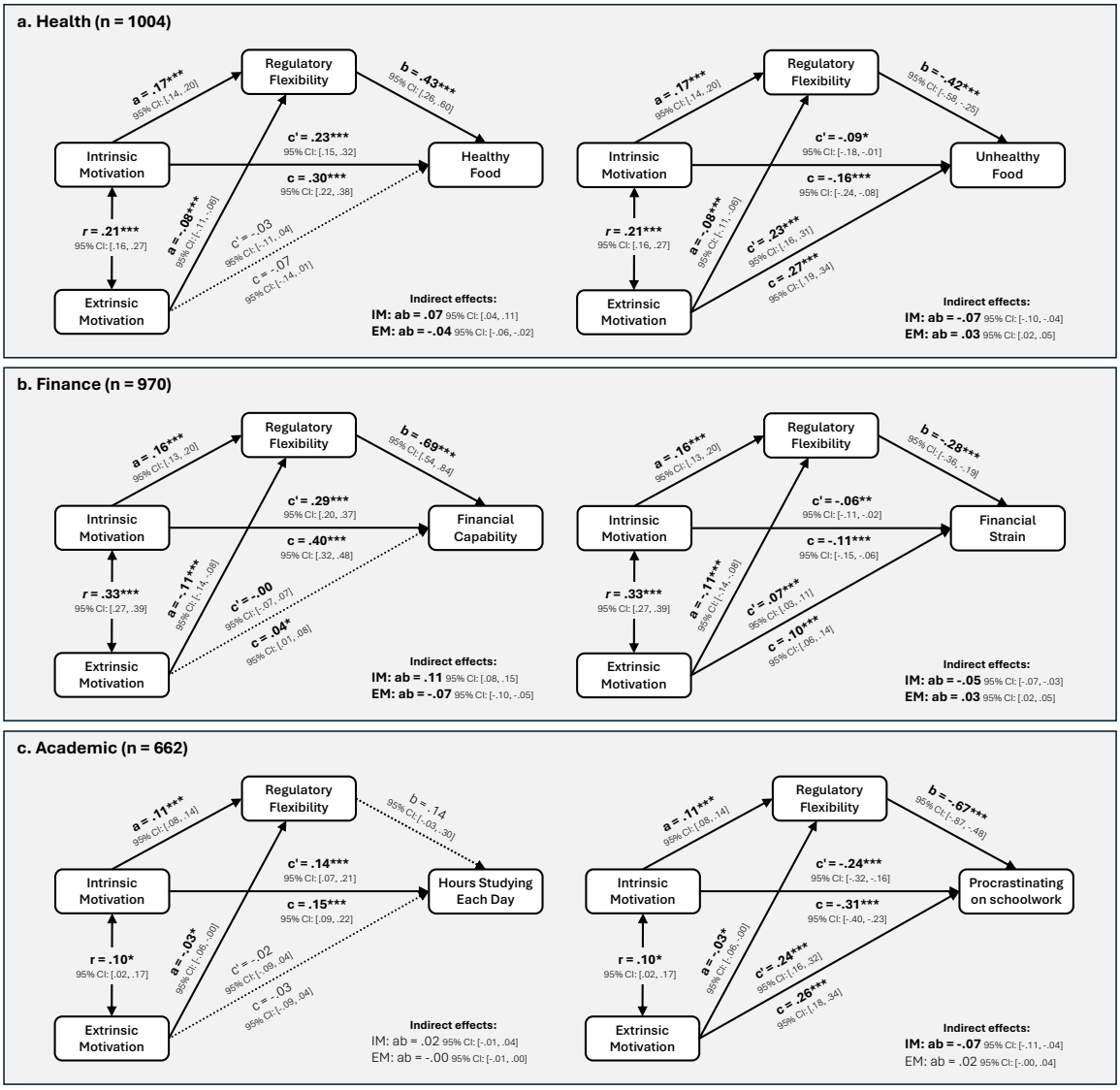
A core aspect of regulatory flexibility is understanding the role of context in shaping how people regulate to achieve their goals. Consistent with motivational accounts of self-control, we found evidence that motivation plays an important role in shaping how people regulate to achieve their goals. Specifically, intrinsically motivated people reported having a greater ability to use strategies flexibly. This association was particularly robust, with domain, meta-analytic, and mega-analytic effect sizes showing medium-to-large associations. Extrinsically motivated people, by contrast, were less able to use strategies flexibly, with effect sizes that were small but consistent across most domains.

Figure 4. Statistical Mediation Analyses: Resisting Temptation and Subjective Goal Progress



Note. *XM* interactions were not significant in any of the models. Total effects are not available for models with binary outcomes. For the academic domain, only participants who completed a recall task were included in the temptation analysis as they were able to indicate whether they were successful. Participants who responded to hypothetical self-control scenarios did not have a comparable outcome.

Figure 5. Statistical Mediation Analyses: Domain-Specific Outcomes



Note. *XM* interactions were not significant in any of the models. Total effects are not available for models with binary outcomes.

The current research provides new insights that can extend current models of self-control. The current dominant model suggests using situational strategies to actively avoid temptation is particularly beneficial (Duckworth et al., 2016; Inzlicht & Roberts, 2024), and therefore intrinsically motivated people are more likely to use these avoidance-oriented strategies to achieve their goals (e.g. Milyavskaya et al., 2015). While this may be true to an extent (e.g., Leduc-Cummings et al., 2022), avoiding temptations completely is neither a realistic nor feasible experience in daily life (e.g., Hofmann et al., 2012). Indeed, there is evidence to suggest that perceiving temptations as a threat can backfire and that strategically indulging can actually help people make better progress on their goals (Ghoniem & Hofmann, 2020; Prinsen et al., 2019). Based on the current findings, intrinsically motivated people have better self-control not only because they actively avoid temptation, but also from having the ability to flexibly regulate in ways that fit the situation when temptations inevitably arise (Werner & Berkman, 2024).

It is worth considering a few limitations that may guide future research. First, regulatory flexibility is measured as an individual difference. The primary reason is that there are currently no ecologically valid ways of capturing regulatory flexibility in daily life (e.g., Eldesouky; Werner et al., 2026). Although challenging, it would be worthwhile for the field to figure out ways of capturing flexibility itself rather than solely relying on its indirect components (e.g., repertoire, variability; Bürgler et al., 2021; Wenzel et al., 2023; Werner et al., 2025). Second, it is worth pondering why findings in the academic domain were mixed. One potential explanation is sample size. The sample in the academic domain had comparatively fewer participants overall, and the sample for analyses involving resisting temptation was even smaller, as only a subset of participants completed the self-control recall task. This issue is particularly relevant for any associations involving extrinsic motivation, as these effects tended to be small across the board. Additionally, findings were most mixed for time spent studying. This measure, however, likely reflects substantial overestimation as responses in the current samples far exceeded normative estimates for university students (National Survey of Student Engagement, 2024), which may have biased estimates and obscured meaningful associations. Finally, although the statistical mediation analyses follow established theory, the data are nonetheless cross-sectional and therefore we cannot make causal inferences regarding directionality. Future research would benefit from figuring out ways to meaningfully shift motivation and see whether that causally impacts strategy use in the lab and in daily life.

Conclusion

In a world where goals are pursued amidst constantly shifting demands, the ability to use strategies flexibly appears to be a valuable asset. Across multiple domains, we found that people who can use strategies flexibly were more likely to resist momentary temptation, make progress on their long-term goals, and engage in goal-supportive behaviours. Our findings also suggest that intrinsic motivation may foster regulatory flexibility – helping to explain why intrinsically motivated people often experience greater goal success, not merely by avoiding temptation, but by having the ability to flexibly adapt their strategies to the situation at hand. These results highlight the importance of moving beyond questions of which strategies are best and instead focusing on how people regulate in context, an approach that may reveal new pathways to supporting successful goal pursuit in everyday life.

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