three key psychological needs

- **autonomy** – personal choice not compulsion by outside forces
- **competence** – capable & effective not incompetent & inefficient
- **relatedness** – regular emotional intimacy & shared activities not isolation & loneliness

**what makes for a good day?**

- People whose needs for autonomy, competence & relatedness are more satisfied experience greater well-being than those whose needs are less satisfied.

- At the same time, for each individual, days when these basic needs are more satisfied are experienced as better than days when the needs are less satisfied.

- It’s not just the total amount of need satisfaction, it’s also the balance that optimises well-being.

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goals & their health implications

key needs – autonomy, competence & relatedness

- intrinsic goals prioritising personal meaning, community contribution & intimacy, tend to satisfy these three key psychological needs directly.
- extrinsic goals prioritising money, status & image focus on achieving external rewards and praise – often at the expense of key basic need satisfaction.

prioritising extrinsic goals is associated with increased anxiety, depression, narcissism & physical symptoms and decreased vitality, self-actualization & well-being
motivations & wellbeing

**non self-determined “controlled” motivations**

- **external** motivations = because someone else wants you to or because the situation seems to compel it

- **introjected** motivations = because you would feel ashamed, guilty or anxious if you did not have this goal

**self-determined “autonomous” motivations**

- **integrated** motivations = because you really identify with this goal

- **intrinsic** motivations = because of the enjoyment or stimulation this goal provides you

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unrelated to wellbeing

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for more details, see Ken Sheldon’s research at:

http://web.missouri.edu/~psycks
goals, motivations & well-being

- **wellbeing**
  - "controlled" motivations
    - "extrinsic" goals
      - X X X
    - "intrinsic" goals
      - √ √
  - wellbeing
- wellbeing
  - "autonomous" motivations
    - √ √
  - wellbeing
intentions for this coming week

✧ time for personal reflection and writing
✧ exercise, diet, weight, alcohol, & sleep
✧ autogenics – energizing & quieting; personalizing reminder dots & shorts
✧ personal community chart & intentions and linked values/roots – roles – goals – diary
✧ goodwill exercise, sdt & ego-eco-system