

## “How Do We Do the Things We Do?”

For everything we do, there always is a process of how we do it. Moreover, we often can follow our broad life-goals down to our very specific behaviors. For example, like most people, you probably hope to find happiness in life. How can you do this? Perhaps finding a good job, or being educated, can help. How can you do these things? Perhaps by earning a college degree. How do you earn a college degree? By satisfying course requirements. How do you satisfy course requirements? In some cases, such as today, you participate in a psychology experiment.

Research suggests that engaging in thought exercise like that above, in which one thinks about how one’s ultimate life goals can be expressed through specific actions, can improve people’s life satisfaction. In this experiment, we are testing such a technique. This thought exercise is intended to focus your attention on how you do the things you do.

For this thought exercise, please consider the following activity:  
“Improving and Maintaining One’s Physical Health.”

1a. In the space below, please list something you could do in order to improve or maintain your physical health.

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1b. How much will engaging in this activity improve and maintain your health?

*Please circle one:*

A little          Somewhat          Pretty Much          Very Much          Very, Very Much

2a. In the space below, please list something else you could do in order to improve or maintain your physical health.

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2b. How much will engaging in this activity improve and maintain your health?

*Please circle one:*

A little          Somewhat          Pretty Much          Very Much          Very, Very Much

3a. In the space below, please list something else you could do in order to improve or maintain your physical health.

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3b. How much will engaging in this activity improve and maintain your health?

*Please circle one:*

A little          Somewhat          Pretty Much          Very Much          Very, Very Much

## “How Do We Do the Things We Do?”

To show how the goal of “improving and maintaining your physical health” can be met through specific activities, please fill in the 4 blank boxes below, in the series on the right. Beginning in the highest blank box (the one just below the box labeled “Improve and Maintain Health”), fill in each box by answering the question “How I can meet the goal described in the immediately higher box?”

To help you with this exercise, the boxes on the left show how our example, attaining life happiness, can be linked to specific activities.

