

Applying Goal-Setting Techniques To Life Can Bring Personal Happiness



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We're a nation that loves making lists whether it's for shopping, work or Christmas. But what about making a list of goals you want to accomplish in your life over the next five years? Dr Gian Gonzaga, relationship scientist at eHarmony.co.uk, explains how a 'life list' can help you find a fulfilling relationship...

We have busy lives and, often, little time left over to chase our dreams. Life gets in the way. To avoid this, it's useful to know what your life goals are. Don't be afraid to make a list of them, including practical goals, personal goals, and those things that will simply make you happy.



And remember not to neglect your relationship goals when making the list. Whether you're in London or in [Leeds dating](#), relationships can be difficult. If you're single, your goals might be related to steps you

can take to find a partner, while those in relationships might have goals to take things to the next level, such as moving in together or having a child. When you personally commit to goals, achieving them becomes much easier.

Dr Gian Gonzaga is **dating website** Harmony's relationship scientist. He says: "The act of writing down a list of things we want to achieve is surprisingly motivating, and it reminds us to make time for things that are important to us in life. It's tempting to write a long list of exciting places to go and new things to do, but don't forget achievements in your personal life as well. Seeing your relationship goals down on paper can spur you on to taking that first step to making them happen – perhaps through joining a club to meet someone new, or signing up to an internet dating service."

His two most important suggestions for making your list are:

Make a list of what you want. Although it seems like an obvious thing to do, it's not always as easy as you'd think. It's vital to be specific about what you want and to define your desired outcomes clearly. For example, don't just write 'lose weight' – write 'get into favourite jeans again'. Break it down into smaller steps. Keep your work on the right track by focusing on intermediate goals. This will help you feel like you're achieving all the way along.

For inspiration, here are some of the most common goals:

1. Spend more time with family and friends

It's easy to overlook those who are close to you, but try not to. It doesn't have to be much time – even a day or two each month is better than no time. Put dates in your calendar and make sure you observe them. Also, make sure you're clever about what you actually do and keep things interesting. Get together at home if money's tight. If you have close friends and family too far away to visit, organise phone calls at set times.

2. Learn something new

You need to keep your brain in gear to learn new things and progress in life. Make sure you challenge yourself through learning; maybe take a course in something you've always wanted to do. It'll stretch you while giving you the chance to meet new people.

3. This year, truly enjoy life

Stop worrying about those things you can't change. Instead, look at what you can change. Life is short, so make sure you spend it doing things you enjoy. Do something you love.

4. Help others

Don't just focus on yourself. Look at those around you and see what you could give them back. You may want to look at volunteering for a charity, helping out neighbours, or if you're short of time, donating money. Those who help others in this way tend to become more attractive to the opposite sex.

5. Be the person you want to attract

If you want to find that special person, work out what qualities you need them to have. Then you can work towards ensuring you have these attributes too.

For further information on relationships and love, please visit eHarmony.

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