

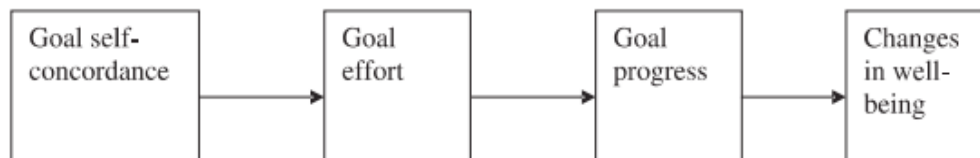
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Self-concordance theory

Coert Visser, July 4, 2012 in: models, motivation, research, self-determination theory, Uncategorized | Jump To Comments

In the post [Beneficial effects of a progress focus](#) I listed evidence of how a perception of progress toward goals is associated with such things as increased well-being, motivation, and better physical and mental health. In that post, I also mentioned especially that progress leads to increased well-being in particular when it is related to the fulfillment of the individual's need for autonomy, competence and relatedness ([Sheldon & Kasser, 1998](#)). Related to that insight is [Sheldon and Elliot's \(1999\)](#) self-concordance theory. The self-concordance of goals reflects the degree to which they are consistent with the person's developing interests and values.

[Vasalampi, Salmela-Aro, & Nurmi, J.-E. \(2009\)](#) who found empirical evidence for self-concordance theory described self-concordance theory as follows: "[...] having personal goals that are selected for autonomous reasons increases goal-directed effort and thereby increases goal progress. Goal progress, in turn, leads to an increase in subjective well-being and adjustment." They visualize this as follows:



This suggests that, whenever we can, we should encourage individuals to pursue goals that fit with their personal interests and values and to create circumstances which support this.