People have many competing goals; self-control strategies help resolve this conflict. Traditionally, research examined which strategy, in isolation, is the best to use. In reality, however, strategy effectiveness depends on context and people use multiple strategies. Thus, having a well-equipped strategy toolbox is important.

The present research examines whether having a larger strategy repertoire predicts goal attainment.

### Study 1: Eat Healthy

**Do you endorse the goal to eat healthy?**

**Study 2: Personal Goals**

**List 3 goals you plan to pursue over next 4-6 weeks**

**Strategy Repertoire**

Do you have strategies to help you achieve this goal? If yes, responses were coded for quantity.

### Goals and Strategies

**Table 1. Descriptive statistics on strategy use.**

<table>
<thead>
<tr>
<th>Domain</th>
<th>Study 1</th>
<th>Study 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strategies (%)</td>
<td>Healthy eating</td>
<td>Personal goals</td>
</tr>
<tr>
<td>Yes</td>
<td>46.4%</td>
<td>52.7%</td>
</tr>
<tr>
<td>No</td>
<td>17.6%</td>
<td>6.3%</td>
</tr>
<tr>
<td>Not sure</td>
<td>36%</td>
<td>40.9%</td>
</tr>
<tr>
<td>Strategy Repertoire</td>
<td>2.61</td>
<td>2.27</td>
</tr>
<tr>
<td>SD</td>
<td>1.47</td>
<td>1.29</td>
</tr>
<tr>
<td>Range</td>
<td>1.9</td>
<td>1.7</td>
</tr>
</tbody>
</table>

### 3. Variability in goals within and between people

Figure 2. Differences in goal progress between people and across a person’s own goals (within-person).

- People, on average, use 2-3 strategies.
- Having a larger strategy repertoire predicts less snacking but not more healthy eating.
- People make more progress on goals where they have more strategies, compared to their other goals.
- While having a greater strategy toolbox can be beneficial, it is important to strategically allocate strategies to different goals.

### References