

# Goal commitment and expectancy predict the occurrence of a goal-related event, belief in the future occurrence of the event mediates this relationship

## Personal goal characteristics predict the actual occurrence of future events

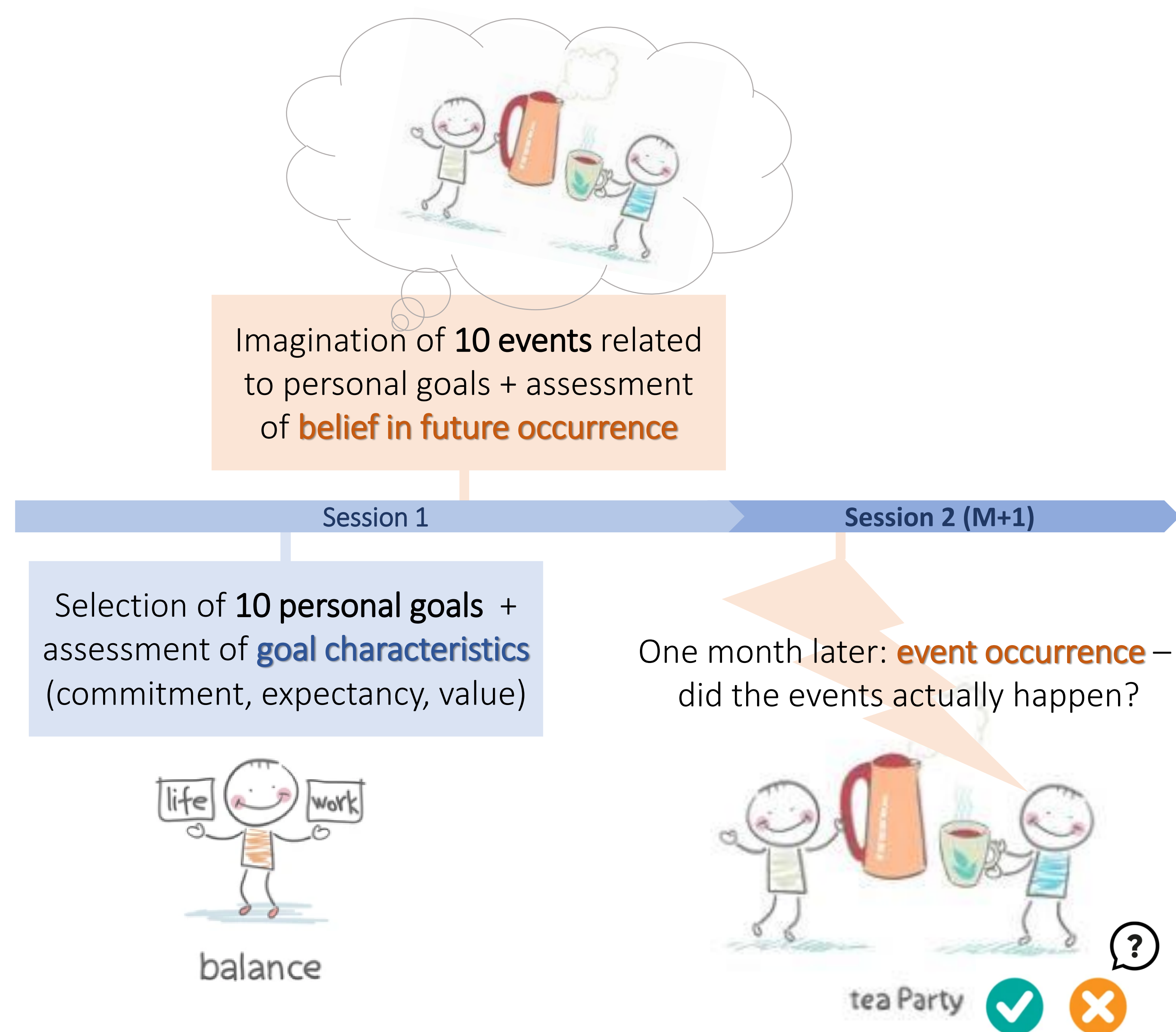
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The main function of **prospection** may be to guide behavior to **promote goal pursuit**

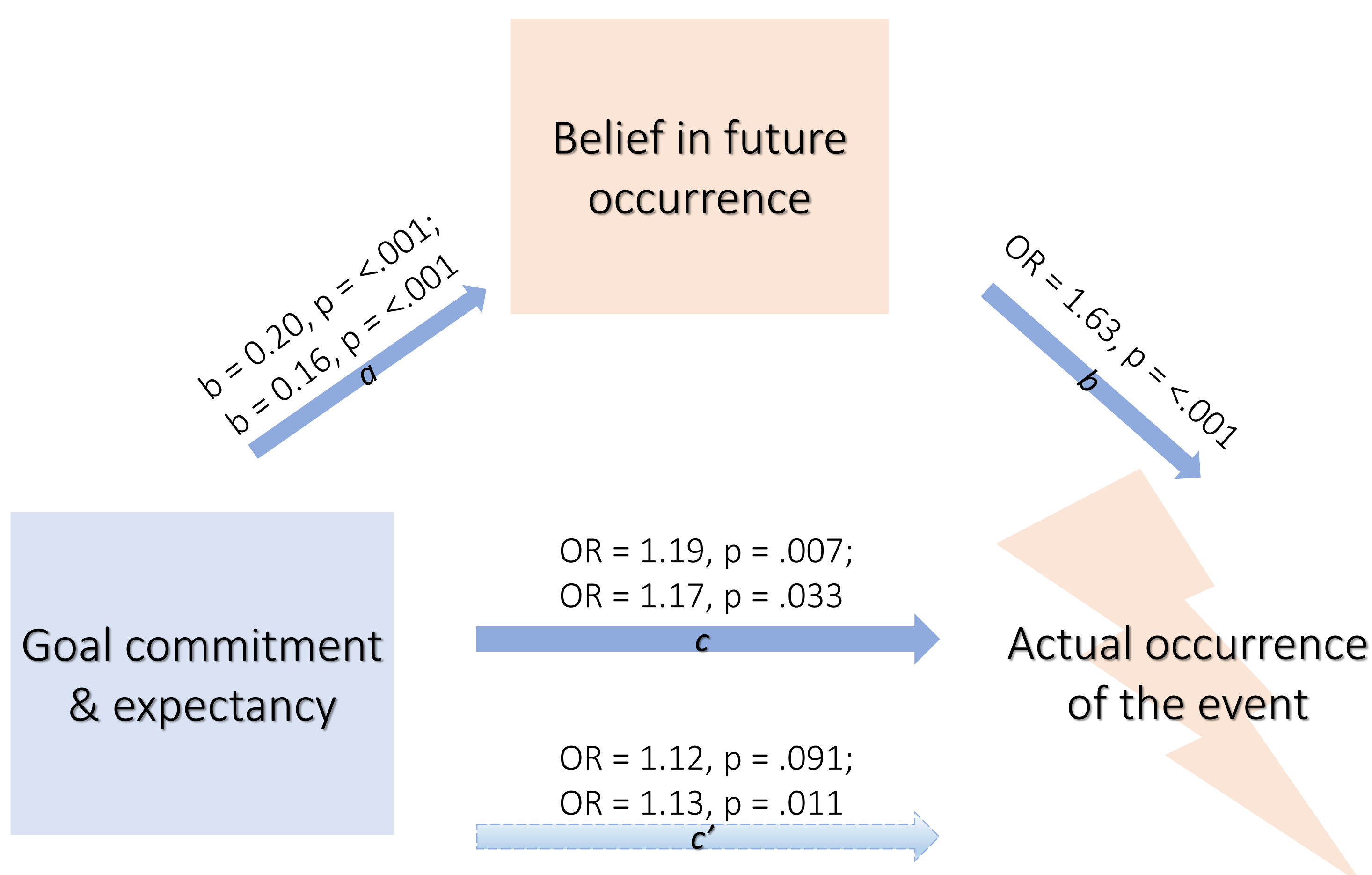
However, the **cognitive mechanisms** by which future thinking allows the effective pursuit of personal goals remain poorly understood

**Goal characteristics** may inform **belief in the future occurrence** of events, the predictive value of which can help one act accordingly

We tested whether and **how goal characteristics** predict the **actual occurrence** of goal-related events



35 participants (18-35 years old), 350 goals and events analyzed with multiple mixed regressions



- c** → Goal commitment and expectancy predicted event occurrence
- c'** → Belief in future occurrence partially mediated the relationship between goal characteristics and event occurrence

Goal pursuit gives rise to mental representations of the future. These imagined future events convey useful goal information, via belief in future occurrence, that can be used to enable the pragmatic purpose of **prospection** – guiding our decisions and behavior toward desired outcomes

