

## Abstract

As aging problem become more and more popular in the society, adaptation to retirement life become more and more important to enhance individual life satisfaction. In the current study, goal directedness, perceived and actual goal completion, and life satisfaction were to be examined. Longitudinal experiment was being held, which participants were required to set a one month short term goal and a four months long term goal, and to compete the goal. Life satisfaction was measured in each phases. The hypotheses were supported and life satisfactions were found to be significantly predicted by goal directedness.