

Self-Disciplined People Are Happier (and Not as Deprived as You Think)

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TIME:

It's easy to think of the highly self-disciplined as being miserable misers or uptight Puritans, but it turns out that exerting self-control can make you happier not only in the long run, but also in the moment.

The research, which was published in the *Journal of Personality*, showed that self-control isn't just about deprivation, but more about managing conflicting goals. Since most people associate highly disciplined folks with being more task-oriented — they're not likely to be the life of the party, for example, or eager to act on a whim — the scientists decided to correlate self-control with people's happiness, to determine if being self-disciplined leaves people feeling less joyful.

Read the whole story: [TIME](#)