Impulsive and Planned Life Strategies as Factors of Life Success and Subjective Well-Being

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The aim of the study was to investigate the relationship between Impulsive and Planned life strategies and their association with subjective well-being and perceived life success. The methodology included theoretical analysis, conceptual modeling, a semi-structured interview, subjective success rating scales, the Subjective Well-Being Diagnostic Method, content analysis, and non-parametric statistical analysis using the Mann-Whitney *U* test. The theoretical framework was based on the conceptual differentiation of Impulsive and Planned life strategies according to their characteristics in time perspective, decision-making, motivational orientation, attitudes toward professional activity, leisure organization, and responses to stressful situations. Based on these criteria, an original semi-structured interview was developed to identify the dominant life strategy and examine its relationship with subjective success and psychological well-being. The interview lasted between 1 and 1.5 hours and was followed by respondents' self-assessment of success across major life domains and completion of a standardized subjective well-being questionnaire. The empirical study involved 25 middle-aged participants. Statistical analysis demonstrated that 64% of respondents exhibited a predominance of the Impulsive life strategy, whereas 36% were characterized by the Planned life strategy. At the same time, no participant represented a purely impulsive or purely planned type, as all respondents demonstrated characteristics of both strategies in different proportions. The findings further indicated the absence of statistically significant differences between the two groups across the examined indicators of subjective well-being and perceived success. These findings indicate that no statistically significant differences between the two life strategy groups were detected in this sample, although they do not establish statistical equivalence or causal effects.

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