Table S1. Dropout analyses, comparing study completers (all phases) versus non-completers on baseline TGP, FGA, WEMWS.

Variable	Completers (*n* = 48)	Non-completers (*n* = 116)	Independent samples *t*-tests
	M (SD)	*M (SD)*	
T1 TGP	36.27 (9.17)	35.90 (10.68)	*t*(162) = -0.21, *p* = .832
T1 FGA	34.17 (7.69)	36.60 (9.88)	*t*(160) = 1.52, *p* = .130
T1 WEMWS	49.77 (7.83)	48.44 (10.57)	*t*(158) = -0.79, *p* = .433

Note. Missing data for non-completers at: T1 FGA (*n* = 2), T1 WEMWS (*n* = 4). T1 = Time 1; TGP =Tenacious Goal Pursuit; FGA = Flexible Goal Adjustment; WEMWS = Warwick-Edinburgh Mental Wellbeing Scale.

Table S2. Tenacious Goal Pursuit, Flexible Goal Adjustment, Resolution Commitment and Stickability Importance as predictors of T1 to T4 wellbeing.

Variable	T1 WEMWS ($n = 156$)					T2 WEMWS ($n = 88$)					T3 WEMWS ($n = 64$)					T4 WEMWS ($n = 53$)				
	β	b (SE)	95% CIs	t	p	β	b (SE)	95% CIs	t	p	β	b (SE)	95% CIs	t	p	β	b (SE)	95% CIs	t	p
Gender	.04	1.04 (1.71)	-2.35, 4.43	0.61	.544	-.05	-1.20 (2.46)	-6.10, 3.70	-0.49	.627	.02	0.37 (2.67)	-4.99, 5.72	0.14	.892	.01	0.21 (3.43)	-6.70, 7.12	0.06	.952
Commitment	-.02	-0.23 (0.93)	-2.07, 1.61	-0.26	.807	.09	0.94 (1.42)	-1.89, 3.76	0.66	.510	.22	2.02 (1.34)	-0.65, 4.70	1.52	.135	.18	1.85 (1.89)	-1.95, 5.64	0.98	.333
Importance	.08	0.76 (0.80)	-0.83, 2.34	0.94	.348	-.11	-1.20 (1.44)	-4.06, 1.66	-0.84	.405	-.08	-0.82 (1.46)	-3.74, 2.10	-0.56	.577	.00	0.02 (1.91)	-3.82, 3.85	0.01	.994
T1 TGP	.12	0.10 (0.07)	-0.03, 0.24	0.94	.133	.08	0.08 (0.10)	-0.12, 0.28	0.77	.445	-.02	-0.02 (0.10)	-0.23, 0.19	-0.20	.846	.14	0.13 (0.13)	-0.13, 0.39	1.01	.319
T1 FGA	.47	0.47 (0.08)	0.32, 0.62	6.04	< .001	.43	0.43 (0.11)	0.21, 0.64	3.94	< .001	.46	0.45 (0.11)	0.22, 0.68	3.98	< .001	.30	0.35 (0.16)	0.03, 0.68	2.16	.036
T1 TGP x T1 FGA	-.04	0.00 (0.01)	-0.01, 0.01	-0.61	.542	.16	0.01 (0.01)	-0.01, 0.03	1.46	.148	.19	0.02 (0.01)	0.00, 0.05	1.66	.103	.21	0.03 (0.02)	-0.01, 0.06	1.53	.133
Model:	$R^2 = .30$, $F(6,149) = 10.38$***					$R^2 = .21$, $F(6,81) = 3.64$**					$R^2 = .29$, $F(6,57) = 3.81$**					$R^2 = .24$, $F(6,46) = 2.38$*				

Note. * = $p < .05$, ** = $p < .01$, *** $p < .001$; T = time; TGP = Tenacious Goal Pursuit; FGA = Flexible Goal Adjustment; WEMHS = Warwick-Edinburgh Mental Wellbeing Scale.

Table S3. Tenacious Goal Pursuit, Flexible Goal Adjustment, Resolution Commitment and Importance as predictors of T2 to T4 stickability.

Variable	T2 Stickability (n = 91)					T3 Stickability (n = 63)					T4 Stickability (n = 54)				
	β	b (SE)	95% CIs	t	p	β	b (SE)	95% CIs	t	p	β	b (SE)	95% CIs	t	p
Gender	.00	0.04 (1.09)	-2.13, 2.21	0.03	.973	-.04	-0.60 (1.71)	-4.02, 2.83	-0.35	.729	-.04	-0.44 (1.82)	-4.10, 3.22	-0.24	.810
Commitment	.24	1.23 (0.62)	-0.01, 2.47	1.98	.051	.46	2.53 (0.86)	0.81, 4.24	2.95	.005	.30	1.54 (1.00)	-0.48, 3.56	1.54	.131
Importance	.06	0.34 (0.63)	-0.91, 1.59	0.54	.593	-.14	-0.87 (0.98)	-2.84, 1.10	-0.89	.380	.01	0.07 (1.01)	-1.97, 2.11	0.07	.947
T1 TGP	.14	0.06 (0.04)	-0.03, 0.15	1.39	.169	.08	0.04 (0.07)	-0.09, 0.17	0.64	.526	-.05	-0.02 (0.07)	-0.16, 0.11	-0.35	.729
T1 FGA	.27	0.12 (0.05)	0.03, 0.22	2.63	.010	.04	0.02 (0.07)	-0.13, 0.17	0.28	.780	.13	0.08 (0.09)	-0.10, 0.25	0.90	.373
T1 TGP x T1 FGA	-.10	0.00 (0.00)	-0.01, 0.00	-1.00	.320	.01	0.00 (0.01)	-0.02, 0.02	0.06	.952	.17	0.01 (0.01)	-0.01, 0.03	1.22	.228
Model:	R^2 = .28, $F(6,84)$ = 5.44***					R^2 = .17, $F(6, 56)$ = 1.92					R^2 = .14, $F(6,47)$ = 1.27				

Note. *** p < .001; T = time; TGP = Tenacious Goal Pursuit; FGA = Flexible Goal Adjustment; WEMHS = Warwick-Edinburgh Mental Wellbeing Scale.

Table S4. Tenacious Goal Pursuit, Flexible Goal Adjustment, and Resolution Orientation (approach vs. avoid) and Specificity (specific vs. general) as predictors of T1 to T4 wellbeing.

Variable	T1 WEMWS ($n = 155$)					T2 WEMWS ($n = 87$)					T3 WEMWS ($n = 63$)					T4 WEMWS ($n = 52$)				
	β	b (SE)	95% CIs	t	p	β	b (SE)	95% CIs	t	p	β	b (SE)	95% CIs	t	p	β	b (SE)	95% CIs	t	p
Gender	.02	0.53 (1.74)	-2.92, 3.97	0.30	.764	-.02	-0.54 (2.47)	-5.17, 8.30	-0.22	.827	.03	0.66 (2.73)	-4.81, 6.13	0.24	.809	.07	1.69 (3.32)	-5.01, 8.38	0.51	.614
Orientation	-.08	-2.36 (2.11)	-6.54, 1.82	-1.12	.266	.05	1.57 (3.89)	-5.17, 8.30	0.46	.645	-.11	-2.78 (3.29)	-9.37, 3.82	-0.84	.403	-.06	-2.85 (6.61)	-16.14, 10.45	-0.43	.668
Specificity	-.07	-1.34 (1.40)	-4.10, 1.43	-0.96	.340	.09	1.77 (2.00)	-2.22, 5.76	0.89	.379	.02	0.35 (2.06)	-3.78, 4.48	0.17	.866	-.22	-4.40 (2.61)	-9.65, 0.85	-1.69	.098
T1 TGP	.13	0.12 (0.07)	-0.01, 0.26	1.78	.077	.09	0.09 (0.10)	-0.12, 0.29	0.85	.396	.01	0.01 (0.11)	-0.20, 0.22	0.06	.953	.16	0.15 (0.14)	-0.12, 0.43	1.12	.267
T1 FGA	.48	0.48 (0.08)	0.33, 0.63	6.25	< .001	.43	0.43 (0.11)	0.21, 0.64	3.96	< .001	.50	0.49 (0.12)	0.26, 0.73	4.22	< .001	.33	0.38 (0.16)	0.06, 0.70	2.40	.020
T1 TGP x T1 FGA	-.05	0.00 (0.01)	-0.02, 0.01	-0.65	.516	.16	0.01 (0.01)	-0.01, 0.03	1.48	.143	.15	0.02 (0.01)	-0.01, 0.04	1.22	.227	.16	0.02 (0.02)	-0.02, 0.06	1.17	.247
Model:	$R^2 = .30$, $F(6,148) = 10.63^{***}$					$R^2 = .22$, $F(6,80) = 3.73^{**}$					$R^2 = .27$, $F(6,56) = 3.46^{**}$					$R^2 = .26$, $F(6,45) = 2.62^{*}$				

Note. * = $p < .05$, ** = $p < .01$, *** $p < .001$; T = time; TGP = Tenacious Goal Pursuit; FGA = Flexible Goal Adjustment; WEMHS = Warwick-Edinburgh Mental Wellbeing Scale.

Table S5. Tenacious Goal Pursuit, Flexible Goal Adjustment, and Resolution Orientation (approach vs. avoid) and Specificity (specific vs. general) as predictors of T2 to T4 stickability.

Variable	β	b (SE)	95% CIs	t	p	β	b (SE)	95% CIs	t	p	β	b (SE)	95% CIs	t	p
	T2 Stickability (n = 90)					**T3 Stickability (n = 62)**					**T4 Stickability (n = 53)**				
Gender	.03	0.39 (1.16)	-1.91, 2.69	0.34	.735	-.02	-0.21 (1.84)	-3.90, 3.49	-0.11	.910	.06	0.71 (1.82)	-2.95, 4.37	0.39	.698
Orientation	.02	0.27 (1.58)	-2.87, 3.41	0.17	.864	-.14	-2.11 (2.22)	-3.90, 3.49	-0.95	.346	.06	1.50 (3.63)	-5.80, 8.80	0.41	.681
Specificity	-.04	-0.31 (0.91)	-2.12, 1.50	-0.34	.733	-.05	-0.45 (1.40)	-3.25, 2.34	-0.33	.746	-.15	-1.43 (1.40)	-4.25, 1.39	-1.02	.312
T1 TGP	.14	0.06 (0.05)	-0.04, 0.15	1.24	.218	.11	0.06 (0.07)	-0.08, 0.20	0.81	.421	-.08	-0.04 (0.08)	-0.19, 0.11	-0.48	.632
T1 FGA	.32	0.14 (0.05)	0.05, 0.24	2.91	.005	.09	0.05 (0.08)	-0.11, 0.21	0.66	.514	.15	0.09 (0.09)	-0.09, 0.26	1.02	.313
T1 TGP x T1 FGA	-.13	0.01 (0.00)	-0.01, 0.00	-1.14	.257	-.09	-0.01 (0.01)	-0.02, 0.01	-0.68	.501	.10	0.01 (0.01)	-0.01, 0.03	0.65	.518
Model:	R^2 = .20, $F(6,83)$ = 3.43**					R^2 = .04, $F(6, 55)$ = 0.35					R^2 = .07, $F(6,46)$ = 0.59				

Note. ** = p < .01; T = time; TGP = Tenacious Goal Pursuit; FGA = Flexible Goal Adjustment; WEMHS = Warwick-Edinburgh Mental Wellbeing Scale.