The purpose of this study was to investigate the extent to which people enjoy sources of immediate and long-term gratification. Previous work suggests there is a cognitive ability associated with the cultivation of habits of discipline, which allows a person to resist the temptation of immediate gratifications to achieve long-term gratifications. Participants rated the Long-Term Gratifications as being significantly more enjoyable than the Short-Term. Although not quite statistically significant, self-control correlated positively with Long-Term Gratifications and negatively with Short-Term. Long-Term Gratifications were correlated with some measures of happiness, such as Positive Emotional Wellbeing ($p < .001$) and Baumeister’s Happiness ($p < .005$), and having a meaningful life, Wise ($p < .004$) and Creative ($p < .009$). These results suggest that a preference for long-term gratification is associated with having both a happy and meaningful life.