

SETTING GOALS THAT DON'T SUCK

What do you want? (And why?)

If you could push a button and all your dreams came true... what would your ideal life look like?

Yes, it's important to know what you want long-term. But it's (arguably) more important to know *why* you want things in the first place. Discovering core motivations brings meaning to goals in a way arbitrary goalposts don't. It's not about the destination; make sure you'll enjoy the process it'll take to get there.

OBJECTIVES

What do I want?

- Be specific; vague shit never helped anyone.
- What do you wish you were better at? What have you always wanted to learn? What areas of your life make you unhappy? What do you wish you made more time for?

MOTIVATION

Why does it actually fucking matter to me?

- Dig deeper. Ask "why?" Then again. Ask until you feel something true in your gut. Look for the real, core reason(s) why you care about your goal; not surface-level platitudes.
- Be selfish! Don't try to make it sound good!

REQUIREMENTS

What's it gonna take for me to get there?

- Be honest; what kind of commitments are you looking at? Time? Money? What are you going to have to sacrifice?
- *Who* do you need to become to make this happen? Who you are right now might not cut it.
- What steps will it take to reach your goal? Do you *like* the process of taking those steps, or will it be like pulling teeth?

OUTCOMES

What does success really look like?

- How will you know if you've achieved this goal? Be specific.
- What does your life look like now?
- How difficult will it be to maintain the progress you made?

EMOTIONS

How does it feel?

- Close your eyes and visualize having achieved this goal. What emotions do you feel? Pride? Joy?
- How is achieving this goal going to make your life better?

ROADBLOCKS

What's making it hard to achieve?

- Have you struggled to achieve this in the past? Why?
- What behaviors are you going to have to change? Will you actually want to keep that up long-term?

SETBACKS

How will I keep going when shit gets hard?

- What resources are at your disposal?
- What excuses are you gonna have to stop using?
- What will you do to stay on-track when motivation fades?

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