

Underneath the Goal

Find what you are really after, underneath the goal you keep naming.

WHEN TO USE THIS

Use this when a goal feels heavy, or when you are not sure why you picked it.

Write down one goal you have been carrying around.

Say it the way you say it in your head.

If you had it tomorrow, what would be different about your days?

What does that tell you about what matters to you?

One or two words each is enough.

1.

2.

3.

Is there another way to get some of that, starting now?

The goal is one road. What you want underneath it usually has more than one.