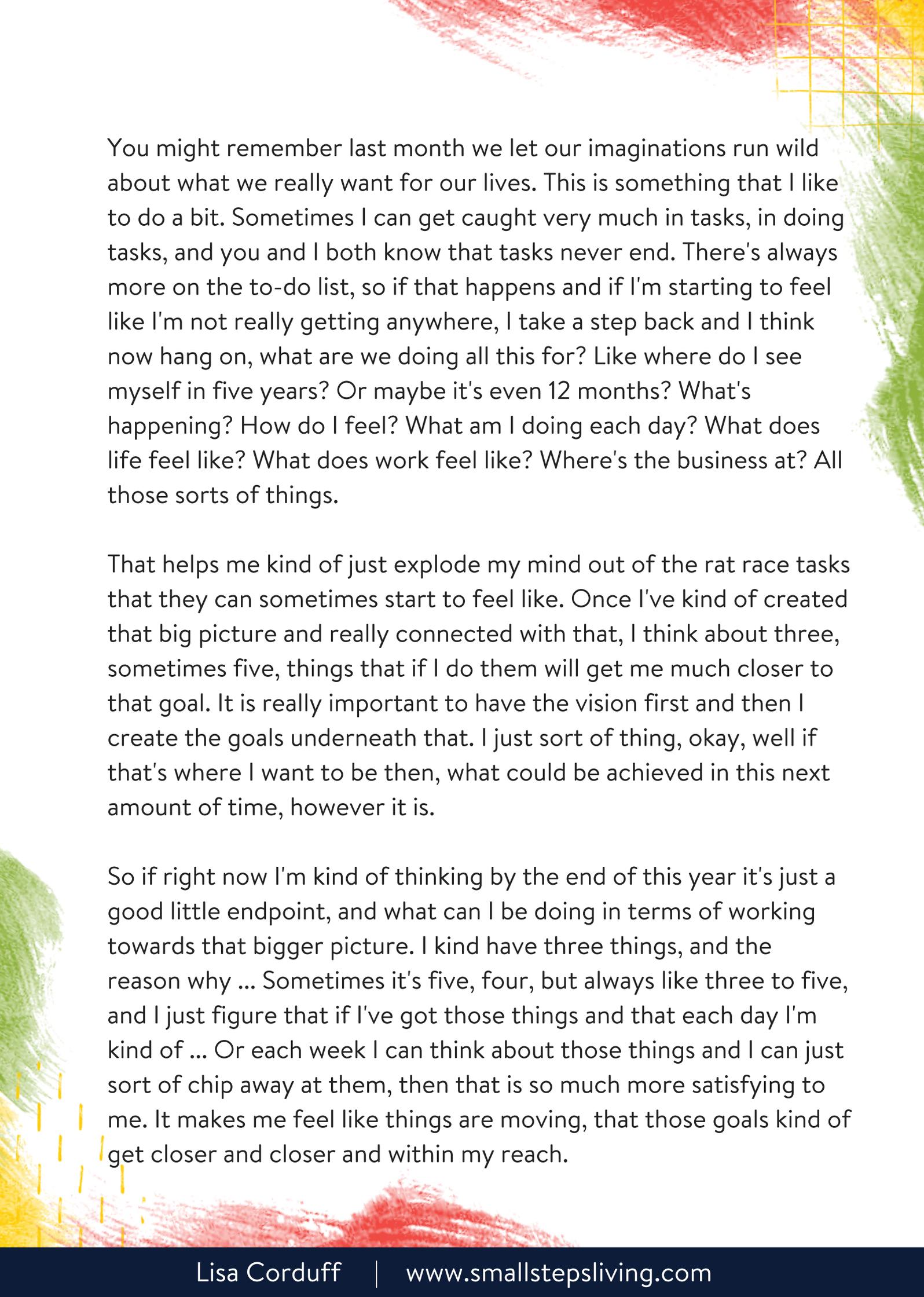


SIMPLIFY YOUR GOALS

What? It's July, you guys. We are finally here. We are at the halfway point of the year and I don't know about you, but it's always around this time that I start to think about, hang on 2018 was meant to be the year I blah, blah, blah, blah, blah, and I kind of revisit some of the themes that I set out at the beginning of the year. A lot of them, as you know, involve choosing to feel a certain way and they're not huge, big goals that I can hold myself accountable to or not and then feel like poop about.

However, I do set my own little goals. There are things that I actually do want to get done, whether it be in my work, whether it be in my personal life, home, that kind of thing, and so what I wanted to share with you today is how I've learnt to really simplify these things. Simplify what it is that I want to achieve. I know sometimes in the membership, we can have conversations that turn to like I want to do this course or I want to do this, I've got to learn this, now my eyes have been opened up to this and I'm doing all of these things.

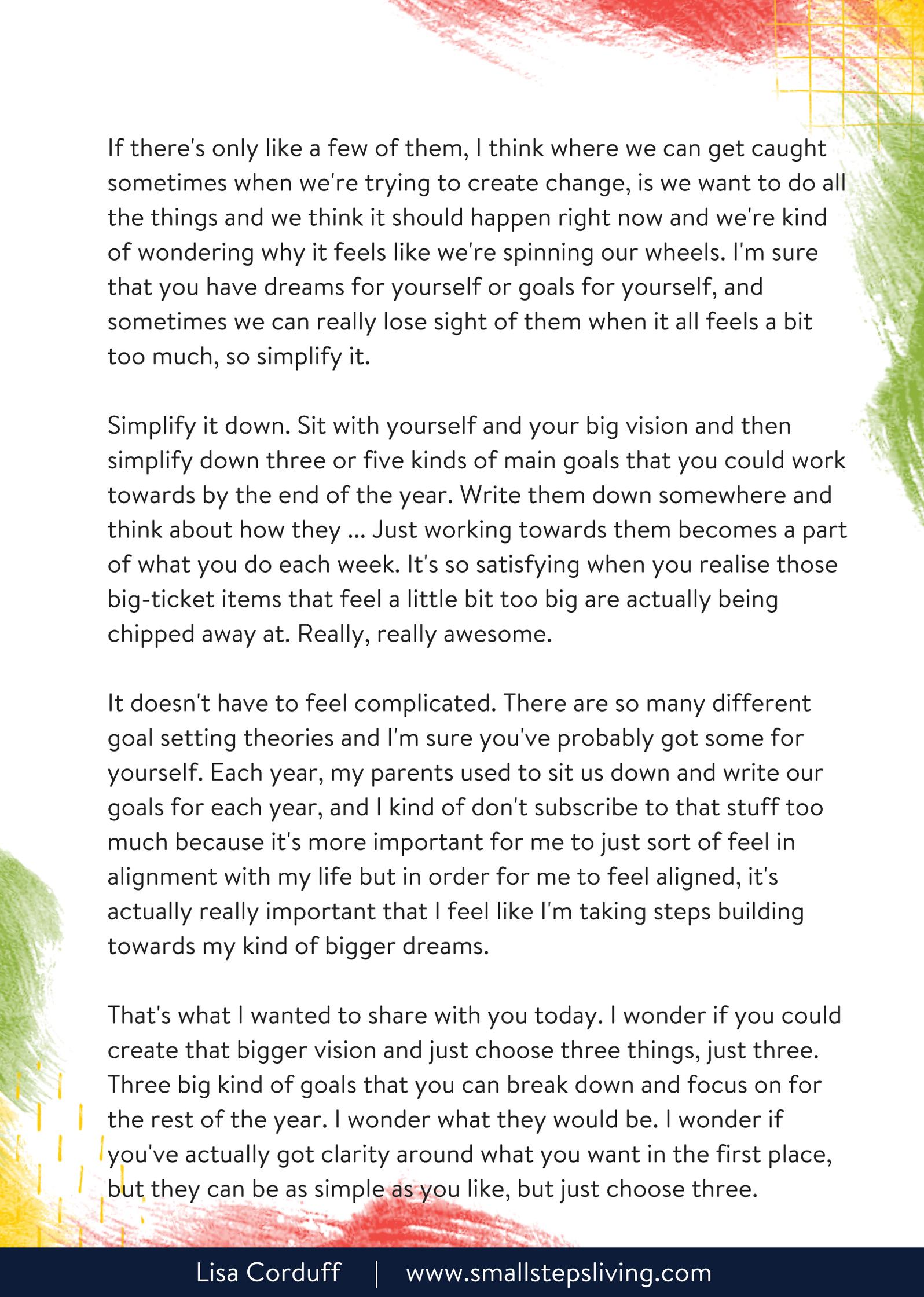
I think that will always happen because you're here, you're curious, you're a learner, you're interested in making life better, and everywhere I look in my life sometimes it can feel like things that kind of need to be done or to be improved on. I don't like to sit in that space of right now isn't okay because right now is totally perfect, but if I do want to achieve some things, here's what I do.



You might remember last month we let our imaginations run wild about what we really want for our lives. This is something that I like to do a bit. Sometimes I can get caught very much in tasks, in doing tasks, and you and I both know that tasks never end. There's always more on the to-do list, so if that happens and if I'm starting to feel like I'm not really getting anywhere, I take a step back and I think now hang on, what are we doing all this for? Like where do I see myself in five years? Or maybe it's even 12 months? What's happening? How do I feel? What am I doing each day? What does life feel like? What does work feel like? Where's the business at? All those sorts of things.

That helps me kind of just explode my mind out of the rat race tasks that they can sometimes start to feel like. Once I've kind of created that big picture and really connected with that, I think about three, sometimes five, things that if I do them will get me much closer to that goal. It is really important to have the vision first and then I create the goals underneath that. I just sort of thing, okay, well if that's where I want to be then, what could be achieved in this next amount of time, however it is.

So if right now I'm kind of thinking by the end of this year it's just a good little endpoint, and what can I be doing in terms of working towards that bigger picture. I kind have three things, and the reason why ... Sometimes it's five, four, but always like three to five, and I just figure that if I've got those things and that each day I'm kind of ... Or each week I can think about those things and I can just sort of chip away at them, then that is so much more satisfying to me. It makes me feel like things are moving, that those goals kind of get closer and closer and within my reach.

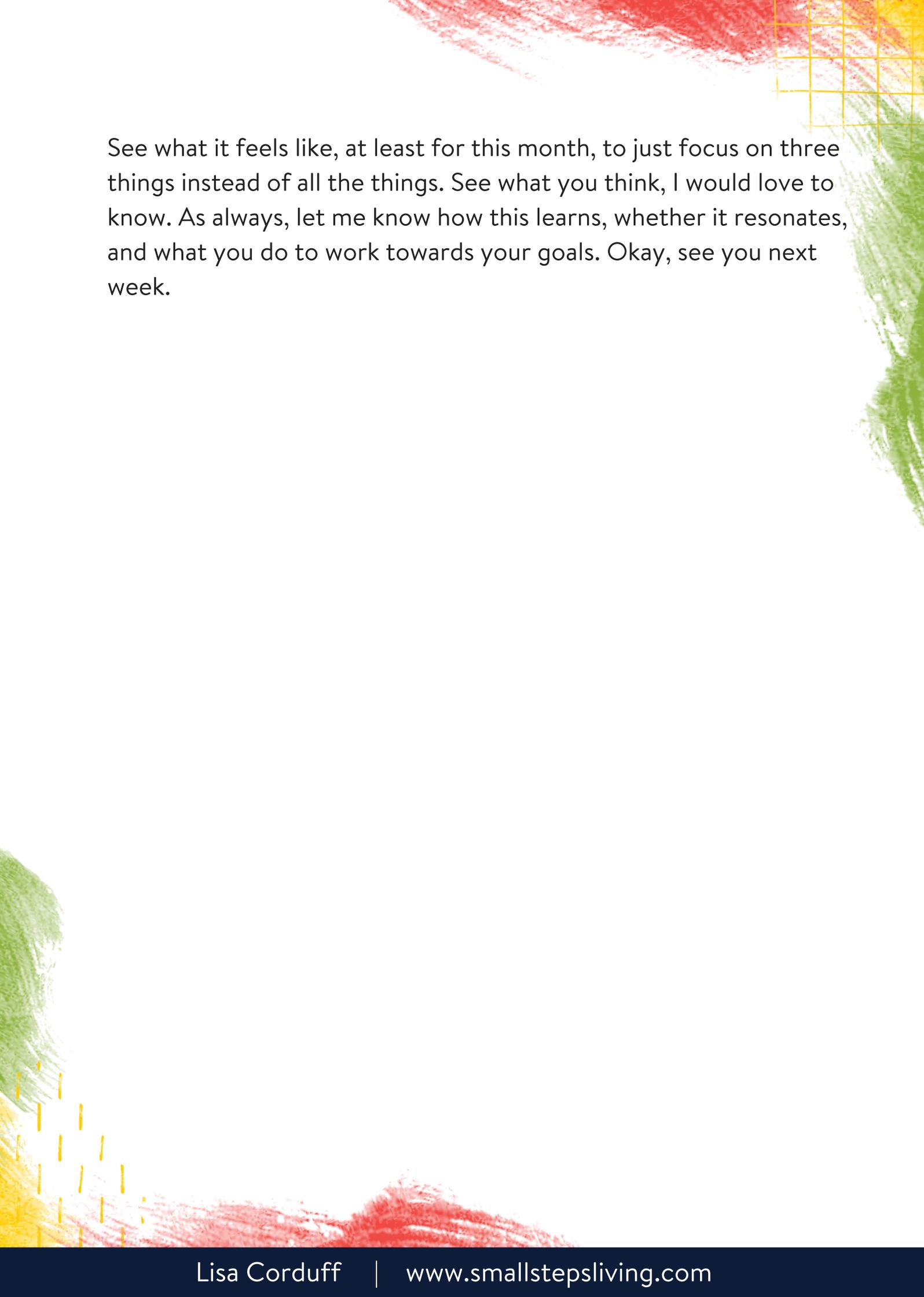


If there's only like a few of them, I think where we can get caught sometimes when we're trying to create change, is we want to do all the things and we think it should happen right now and we're kind of wondering why it feels like we're spinning our wheels. I'm sure that you have dreams for yourself or goals for yourself, and sometimes we can really lose sight of them when it all feels a bit too much, so simplify it.

Simplify it down. Sit with yourself and your big vision and then simplify down three or five kinds of main goals that you could work towards by the end of the year. Write them down somewhere and think about how they ... Just working towards them becomes a part of what you do each week. It's so satisfying when you realise those big-ticket items that feel a little bit too big are actually being chipped away at. Really, really awesome.

It doesn't have to feel complicated. There are so many different goal setting theories and I'm sure you've probably got some for yourself. Each year, my parents used to sit us down and write our goals for each year, and I kind of don't subscribe to that stuff too much because it's more important for me to just sort of feel in alignment with my life but in order for me to feel aligned, it's actually really important that I feel like I'm taking steps building towards my kind of bigger dreams.

That's what I wanted to share with you today. I wonder if you could create that bigger vision and just choose three things, just three. Three big kind of goals that you can break down and focus on for the rest of the year. I wonder what they would be. I wonder if you've actually got clarity around what you want in the first place, but they can be as simple as you like, but just choose three.



See what it feels like, at least for this month, to just focus on three things instead of all the things. See what you think, I would love to know. As always, let me know how this learns, whether it resonates, and what you do to work towards your goals. Okay, see you next week.