HOW TO GO FROM PASSIVELY TALKING ABOUT SOMETHING TO ACTIVELY DOING SOMETHING

(in 11 simple steps)

For years I have said that it is a goal of mine to own a coffee shop. I have selected a name, I know how the interior would look, and I have a business model in mind. Yet I’ve taken no intention-driven actions towards manifesting this long held goal.

Why is that? I have a theory that we develop goals to reduce some of the weight associated with every day life. We think to ourselves “won’t it be wonderful when I do this.” We don’t take any action towards achieving these goals though because the moment we do they have the potential to be a source of stress and frustration.

So long as these goals remain concepts in our minds they will continue to provide us with a sense of relief from the weight of every day life. We don’t pursue long held goals because we don’t want to taint the pleasure derived from envisioning how things will be better after we achieve such goals.

I think fear of failure also plays a role in why we don’t always pursue our goals. We’re afraid of what others may think of us if we invest our resources in to pursuing a goal only to fail. We may even be afraid of what we might think of ourselves.

Let me take a moment and reassure you that if you attempt something and fail it doesn’t mean that you are a failure as a person.

You will grow more as an individual if you are goal oriented than if you simply have goals. To be goal oriented a person must take intention-driven actions towards achieving a defined outcome. I specifically use the term “intention-driven actions” because to act without intent can be unproductive.

It is inevitable that things don’t always go as planned. You will experience setbacks, frustrations, and sometimes question why you embarked on your path. Don’t settle in to the mindset that you’ve failed when you find yourself frustrated and downtrodden. Mine both your triumphs and your tragedies for what can be learned from the experience.

By answering the questions in each section of this journal you will be provided with a better understanding of any goal you wish to accomplish. You will also develop an understanding of why you wish to accomplish a goal, as “why” is often just as important of a question to ask yourself as “how.”

If you’re honest with yourself when answering these questions you will reduce some of the fear, anxiety, and missteps that come when pursuing a goal. By transforming your tone of speech from passive to active you will avoid saying “I should have…” and instead replace such statements with “I did…”

- Patrick Fisher

STEP ONE: DEFINE YOUR GOAL

1.) In as simple of terms as possible, what is the goal you wish to accomplish?

2.) What do you hope to achieve by accomplishing your goal?

3.) What resources will you require to accomplish your goal (time, people, finances, equipment, etc.)?

4.) Does your goal affect anyone other than yourself? If yes, who?

5.) Does your goal require permission from others (approval, licenses, permits)? If yes, what permissions must be requested/granted and by whom must they be granted?

6.) Will you pursue your goal even if you do not obtain the necessary permissions? If yes, what are the potential consequences, for you or for others, should you pursue your goal without the necessary permissions?

STEP TWO: ESTIMATING YOUR BUDGET

1.) Of the resources required to accomplish your goal, what resources will cost you money?

2.) Of the resources that will cost you money, how much will each resource cost?

3.) Will these costs be fixed (the cost does not increase or decrease based on the quantity used) or variable (the cost does increase or decrease based on the quantity used)?

4.) What costs will be incurred on Day 1 of pursuing your goal?

5.) Are any costs avoidable should you approach your goal differently? If yes, what costs could be avoided and will you take the cheaper approach? If a cheaper approach is an option, and you opt to not take it, why did you opt for that decision?

6.) How will you pay for these costs?

STEP THREE: ESTABLISHING YOUR TIMELINE

1.) On what date (Day 1) will you take action towards accomplishing your goal?

2.) How long do you estimate it will take to accomplish your goal?

3.) How will you track your progress as your work towards accomplishing your goal?

4.) How will you know when you’ve achieved your goal?

STEP FOUR: KNOWING YOUR STRENGTHS

1.) What specific knowledge do you have that will help you achieve your goal?

2.) What specific skills do you have that will help you achieve your goal?

3.) How will your knowledge and skills help you achieve your goal?

4.) What resources are required to achieve your goal that you already own or have easy access to?

STEP FIVE: ACCEPTING YOUR WEAKNESSES

1.) What knowledge and skills are required for you to achieve your goal that you do not already possess?

2.) What resources are required for your goal that you do not already possess nor have easy access to?

STEP SIX: IDENTIFYING YOUR RISKS

1.) What risks could prevent you from starting to actively pursue your goal?

2.) For each of these risks, what is the likelihood of it happening?

3.) What risks could prevent you from accomplishing your goal?

4.) For each of these risks, what is the likelihood of it happening?

STEP SEVEN: FACING YOUR FEARS

1.) What are your fears surrounding pursuing your goal?

2.) What is the worst case scenario should you pursue your goal but not accomplish it?

STEP EIGHT: ASKING FOR HELP

1.) Who do you know that you can ask for help while pursuing your goal?

2.) How can the individuals you listed specifically help you accomplish your goal?

STEP NINE: KNOW YOUR PATH

1.) Draw a path, or make a list, of the steps you will take to accomplish your goal. Begin at the first step (Start) and end with the final step (Finish).

STEP TEN: BEING ACCOUNTABLE

1.) How will you hold yourself accountable when pursuing your goal?

2.) What are the names of three other individuals who you will ask to hold you accountable while you pursue your goal (accountability partners)?

STEP ELEVEN: START