



# STRIVENT Coaching

**Going for Goals: Get CRYSTAL CLEAR** on what you want.

It's pretty simple.

You can't go after a goal if you don't know what you want.

But let's be radically clear about one thing right off the bat.

Nobody *needs* goals.

If you don't set any goals, you can still have a decent life. Society is set up in such a way that those who don't figure out what they want are given subtle instructions every single day on how to live their life in ways that make the most amount of sense for other people's goals and gains.

Ask yourself if this sounds familiar?

"Go to school. Get a job. Get married. Buy a house. Have kids. Retire. Die."

Pretty simple instructions, and not a bad path by any means. If you don't figure out what you want for your own life, society has been set up in such a way that it incessantly reminds you that you're on that path, and being on this path means being a good person who's doing *something* with their life.

In fact, the world is set up in such a way to make it as easy as possible to follow that path with things like student loans, home loans, and social security.

Now, each of the milestones on this path isn't inherently bad or good. In fact, each of these can be an immensely meaningful experience, but only for those who truly want them. That's the key difference. For those who take a step on this path because it's what society wants, but it isn't aligned with what they actually want, they will end up dissatisfied and unhappy...at best.

The alternative is to make decisions that are aligned with what you want. Sounds easy enough, but if it's easy, then why do so few people actually make the decisions they want to? Why do so many people think one thing, and then do something else?

How are you supposed to know what you want? How do you create a life that's different than what society gives you? Here's the real kicker...society has been created by one person taking action after another. Things are the way they are

because people who had goals and who were hungry enough to go for them created society the way it is to be now.

If you want anything to be different about your life, your culture, or your society, you need to set a goal and take action.

The only way to figure out what you really want is to ask yourself the tough questions and to be open, honest, and vulnerable with yourself in the process.

What follows in this worksheet is a series of introspective questions that will help you unlock the goals and the life you're most passionate about.

This can be a very fun and insightful process if you allow yourself to fully engage, so do yourself a favor and don't hold back. Keep these 3 things in mind as you answer the following questions:

1. Be thoughtful
2. Be passionate
3. Be descriptive

If answers don't come so easily, that's okay. Feel free to write whatever comes to mind. Most importantly, don't judge yourself for what you're writing. It's your life, and only you can decide what you do and don't want to be a part of it.

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## Getting **CRYSTAL CLEAR** on what you want.

**Step 1.** Ask yourself a series of introspective questions:

- What am I most passionate about in life?
  
  
  
  
  
  
  
  
  
  
- If I could be paid to do anything, what would it be?

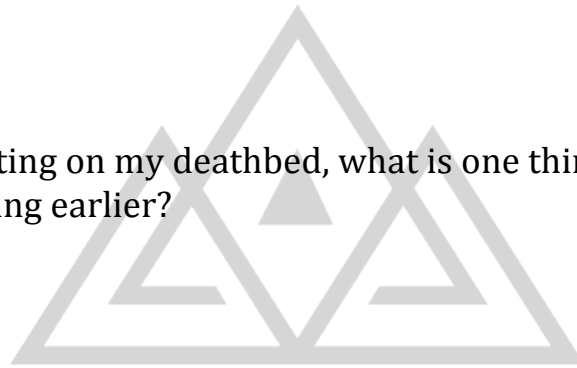
- If I were guaranteed success at the one thing I want to try more than anything else, what would I do?

- If I was sitting on my deathbed right now, what would I be sad I didn't accomplish? What would I regret not having tried?

- If I were sitting on my deathbed, what is one thing I wish I had stopped doing earlier?

- If I'm remembered throughout the next 1,000 years, what will it be for?

- What are my unique strengths?



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**Step 2: Identify any themes in your answers?**

*Example: After looking over my answers, it's clear that I'd like to be a leader, start a business, be healthy and strong, have an interesting group of friends that support me, and get paid to travel to the most interesting places in the world before I die.*

**Step 3: Assuming you can do anything with your life, write out a sentence describing what you want to do.**

*Example: I want to start a business.*

**Step 4: Refine your sentence with some specificity.**

*Example: I want to start a business that helps lots of people and that lets me travel.*



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**Step 5: Incorporate your strengths and interests and rewrite the sentence.**

*Example: I want to start a healthy food cooking show that travels to unique places in the world and interviews local chefs to distribute unique and healthy recipes to people interested in getting healthy while improving their cooking skills at home.*

That's it! A series of questions that hold immense transformational clarity when answered with radical honesty.

However, getting crystal clear on what you want is just the first step.

If you're serious about actually creating the life you envision yourself living, you've got to start taking action towards that ideal goal.

The next worksheets in the ROADMAP Series are specifically designed to help you figure out your timeline for your goals and to create your unique ROADMAP that will take you from where you are today to where you want to be in the future.

If you've navigated away from the worksheet page, here's the link for easy access:

[www.striventcoaching.com/roadmap-series](http://www.striventcoaching.com/roadmap-series)

or if you'd like to talk to a coach in a FREE 30-minute discovery call to either think through some of these answers or get very specific on your next steps, you can reach out to schedule your call here:

[www.striventcoaching.com/personal-coaching](http://www.striventcoaching.com/personal-coaching)

With gratitude,  
Dennis McGinley  
STRIVENT Coaching  
Founder, Performance Coach  
[dennis@striventllc.com](mailto:dennis@striventllc.com)



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