

Hey all,

So I took this goal exercise from the hive.org link below and did it with a few friends initially, then with family and have now done it with a few more groups. I'm really enjoying getting the opportunity to listen to what people's goals are - especially the ten year and lifetime ones.

'Goals' really is not the right term. I feel aspirations or direction to be better fitting words. The aim of a list like this isn't to judge yourself on whether you are 'succeeding' in life or not. The aim is to act as a mirror, to see whether you are moving in the direction you want your life to be moving in, or perhaps the list reflects how your priorities have now changed. This is the intention I have when I write these lists at least.

Example Goals

... taken from www.hive.org/20s (goals section)

"Very few people actually write down their goals.

Fewer still print them out and frame them.

In my experience, those who write down and frame their goals are the most effective human beings at creating a better world.

When you write a goal down your subconscious brain begins to more actively think about bringing it into your life.

The people, resources and knowledge you need to achieve your goals when you know what you're up to in the world helps your mind naturally filter opportunities to find those that match your goals.

Nearly anything is possible when you set your mind to it and work hard for 10 years.

As an example, here are my current goals:

ONE YEAR GOALS:

- Get Connect to 2m monthly active users
- Raise series A for Connect
- Grow Hive from 80 to 300 global members
- Publish everything I've learned by 30
- Meditate over 300 times (6x/week)
- Visit Argentina and England

10 YEAR GOALS:

- 100m people use connect to stay connected

Built hive into a global community of people working to create a better world with 10 profitable locations
Traveled to over 50 countries exploring perspectives on human potential and spirituality
Published a book on creating a better life, company, & world
Built a relationship with an amazing life partner
Become an extraordinary father

LIFETIME GOALS:

Live a joyous, happy, and fully alive life
Be an extraordinary partner and father
Create a profitable hive in 1000 cities
BUILD a global community of extraordinary people working on creating a better world”

Goals Exercise:

1. Open up Google Docs
2. Create headings for **1 YEAR GOALS**, **10 YEAR GOALS** and **LIFETIME GOALS**.
3. Write down 5 to 7 goals in each category
 - Make everything fit on one page
 - Make sure all goals are measureable so you'll know if you got there or not. No measure, no feedback.
 - Make sure your goals are not too easy and not too ambitious. If you are achieving 66% of your goals each year you are setting them at a good level.

... Then

- Print out two copies
- Sign them
- Frame them
- Put one frame in your bedroom
- One frame at work
- Share the one pager with a close friend
- Update yearly on December 26th-31st

FAQ (to be completed, please add your questions and answers)

- **OK what exactly is a goal?**

Typically we see goals as end points, a final destination where we celebrate. That's not a good way to look at it. Look at goals more as a direction that points to where you would like to move towards. The measurements help with checking whether you are moving in the direction you chose.

- **I find setting goals to be a difficult exercise. It puts pressure on me and I feel like a failure if I don't achieve them.**

See the above answer. Also don't equate achieving goals with your happiness. Happiness is not something to be achieved in the future. Happiness is a practice that is in the here and now.

- **What if my goals change?**

Good. Shows you are reflecting deeper and deeper. Allow them to change!

- **OK but what if they KEEP changing all the time? I don't know what I want!**

That's why in this exercise we set lifetime goals too, not just short-term ones. Short-term goals tend to change a lot. Lifetime ones most likely won't. If your lifetime goals are changing very often, take that as a good sign that you must be growing very rapidly and having some extraordinary insights.

- **What if I don't achieve my goals?**

Reflect and see what happened. Were they the correct goals? Were they too ambitious? Often the reason we don't achieve things isn't because we're inherently lazy or stupid. It's because we weren't clear on exactly *why* we wanted to do what we wanted to do. We basically set the wrong goals. Don't view not achieving goals as a bad thing - they can bring incredible insights into your life.

- **Is there a certain way to best phrase my goals?**

Process vs. result. Instead of having a goal like, "In three months I will lose 10kg." Frame it as "In three months I will go to the gym 30 times." The latter is largely in your control, the former isn't necessarily so.

- **Why print and frame my goals?**

Put one in your bedroom and one where you work. It'll remind you of the direction you want to move towards in life. Many people set new year resolutions and come the end of January they've forgotten them. There's no point in setting goals if you don't remember them.