

Set Systems, Not Goals – Cheatsheet

Your fast guide to building habits that actually stick

Why Systems > Goals

GOALS	SYSTEMS
Focus on the result	Focus on the process
Rely on motivation	Run on routine
Feel far away	Happen daily
Easy to set, hard to follow	Easy to maintain when built right

The System Formula

After [cue], I will [action] for [time].

➔ Example: *After I make coffee, I'll write for 15 minutes.*

Identity-Based Change

Don't ask "What do I want to achieve?"

Ask 👉 "Who do I want to become?"

Then act like that version of yourself.

Every action is a vote for the identity you're building.

Direction > Destination

Forget rigid goals. Define a **direction** like:

- "I want to be more focused."
- "I want to feel healthier."
- "I want to be financially free."

Then build small daily systems that move you that way.

Design a Repeatable System

Every system needs:

1. **Cue** (trigger)
2. **Action** (the habit)
3. **Reward** (small win)

Make it simple. Start small. Be consistent.

Shape Your Environment

Your surroundings influence your actions.

Do this:

- ✓ Remove friction (e.g., prep clothes, hide junk food)
 - ✓ Add visual cues (e.g., water bottle on desk, book on pillow)
 - ✓ Make bad habits harder (e.g., phone in another room)
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✓ Track the System, Not the Result

Track whether you **showed up**, not whether you “succeeded.”

- Use habit trackers, calendars, or simple checklists
- Follow the “**Never Miss Twice**” rule
- Keep it visible and celebrate daily wins

Bounce Back, Don't Beat Yourself Up

- Slip-ups happen
- Reflect, adjust, and restart fast
- Focus on long-term rhythm, not daily perfection

Automate, Delegate, Simplify

Make your system so *easy it runs itself*:

- **Automate**: reminders, transfers, timers
- **Delegate**: get help or use tools
- **Simplify**: reduce steps, shorten routines, batch tasks

Stack Your Systems (One at a Time)

Start with one. When it feels automatic, stack another:

- Mindset: 5-min journaling

- Health: daily walk
 - Focus: morning priority list
 - Finances: weekly money check-in
 - Growth: read 10 mins before bed
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Final Reminder

You don't need more motivation.

You need a **simple system** that fits your life.

Start small.

Stay consistent.

Let your system do the heavy lifting.