



SET SYSTEMS, NOT GOALS

BUILD HABITS THAT ACTUALLY GET RESULTS

WORKBOOK

Set Systems, Not Goals - Workbook

This workbook is designed to help you apply the lessons from the 'Set Systems, Not Goals' ebook. Use the prompts, reflection questions, and exercises to build systems that actually stick.

Chapter 1: The Problem With Traditional Goal-Setting

- What goals have you set in the past that you didn't stick to? Why do you think that happened?
- Can you identify any 'all-or-nothing' patterns in your past goal-setting?
- How did relying on motivation impact your consistency?

Chapter 2: What Is a System?

- Write down a goal you've been trying to achieve. Now, turn it into a system.
- What's one simple action you could do daily to make progress toward that goal?
- What could be your cue, action, and reward for this system?

Chapter 3: Identity-Based Change

- Who do you want to become? (e.g., a healthy person, a focused person, a calm person)
- What actions would that version of you take daily?
- What habits would support that identity?

Chapter 4: Define Your Direction, Not Just the Destination

- What direction are you moving toward in your life? (e.g., better health, more focus, financial freedom)
- What's one small system you could create to move in that direction?
- What does success in this direction look like, without needing a specific goal?

Chapter 5: Design a Simple, Repeatable System

- Use the formula: After [cue], I will [action] for [time].
- What's one habit you want to start this week using that formula?
- How can you make this system so easy it feels almost too simple?

Chapter 6: Build Your Environment to Support Your System

- What in your current environment makes it harder to stick to your habits?
- What changes can you make to remove friction and add support?
- Where can you place visual cues to remind you of your new system?

Chapter 7: Track Your System (Not Your Progress)

- What's the ONE thing you'll track daily to stay consistent?
- How will you track it? (App, calendar, paper, etc.)
- Where will you keep this tracker so you see it daily?

Chapter 8: Handle Setbacks With a Systems Mindset

- Think of the last time you fell off track—what happened?
- How can you bounce back quicker next time?
- What's your personal version of the 'Never Miss Twice' rule?

Chapter 9: Automate, Delegate, Simplify

- What part of your system can you automate?
- Is there anything you can delegate or use a tool to help with?
- What can you simplify to make your system easier?

Chapter 10: Stack Systems for Multiple Areas of Life

- Which system in your life is already working well?
- What's one new system you'd like to stack on top of it?
- How will you know when it's time to add the next system?