



# SET SYSTEMS, NOT GOALS

Build Habits That Actually Get Results

Cheatsheet

# 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:

Cue (trigger)

Action (the habit)

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)

## ✓ 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

## 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.**