

MOD 2

Goal Setting for Men

Stop drifting. Step into clear, identity-based direction.

HOW DIRECTED ARE YOU RIGHT NOW?

Rate each honestly (1 = not at all, 10 = completely true):

My goals excite me enough to think about them when no one is watching

Never Always

I chose my goals — they were not absorbed from others' expectations

Never Always

My daily actions align with what I say I am building toward

Never Always

I move through each day with quiet, magnetic confidence and direction

Never Always

GOAL AUDIT — WHAT ARE YOU ACTUALLY CHASING?

THE TEST

Identity-based goals harden your purpose — guiding every glance, every word, every move. A goal that doesn't pull you is not your goal. It is your obligation.

List your top 3 current goals. For each, write WHY it matters to you in one raw, honest sentence:

1 _____

2 _____

3 _____

4 _____

DESIRE MAPPING — WHAT WOULD YOU CHASE IF NO ONE WAS JUDGING?

If fear and approval had no say, what direction would your life be moving toward right now?

1 _____

2 _____

3 _____

4 _____

5 _____

MY COMMITMENT THIS WEEK

I commit to:

Signed: _____ Date: _____

BUILD YOUR IDENTITY-BASED GOALS

Rewrite each goal as an identity statement. Not "I want" — but "I am the man who ___":

1 _____

2 _____

3 _____

4 _____

5 _____

90 / 30 / 7 — BREAK ONE GOAL INTO CONCRETE LEVELS

90-DAY TARGET

What does success look like in 90 days? Be specific enough to measure:

30-DAY MILESTONE

What must be true in 30 days for you to know you are on track?

THIS WEEK'S ACTION

What is one action you will take before this week ends? Name it:

POWER QUESTION

A man with clear direction changes the energy in every room he enters.

What would change in how you carry yourself if your purpose was completely locked in?

Reflection:

1 _____

2 _____

3 _____

4 _____