

The 10 Levels of Goal Crushing Hero Status

What follows is a set of action oriented ideas to help you crush your goals through action. Taking determined and consistent action is the key to getting things done and upgrading your life.

Start here and then take off.

1) Figure Out Your Why

“Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.”

--Steve Jobs

Purpose: Determine your why so that everything you do flows from your purpose.

Practice: Brainstorm and take notes with these questions:

- What do you want to accomplish and why?
- What would you do if you could do anything?
- What would be my biggest regret if I died today?
- What really gets you riled up? What bugs you so much you can't stand it? What can you do about this?
- What is one way you can give back to someone else today or this week?
- What do I want my life's purpose to be?

2) Get a Buddy

“Most goals people set are not achieved because they are not held accountable for them. When goals are made in private they tend to fall off because people stop being motivated, stop focusing and stop prioritizing.” --Bola Onada Sokunbi, Goal Setting To Live Your Dreams

Purpose: Having a buddy/partner/spouse will keep you moving in the right direction towards your goal.

Practice: Reach out to one person and set a lunch date. Tell them about your goals and ask them about theirs. Give it time to see if they will be able to help you. If not, that's okay, ask someone else out to lunch.

Keep going until you find someone like minded and willing to keep you accountable. This person could be:

- A good friend
- Your pastor
- Your spouse
- Someone you meet at a local event
- A friend of a friend
- Someone who shares your interests and passions

Even introverts need other people. Our desire for connection is ingrained deep within. Connect with others to grow.

3) Take One Step Today

“I don't count my sit-ups; I only start counting when it starts hurting because they're the only ones that count.” --Muhammad Ali

Purpose: Taking the first step becomes a catalyst for the second, and every step thereafter.

Practice: Pick one small thing you can do today to reach your goal. Do this every day this week and your efforts will begin to compound.

Make this step as tiny as it needs to be. In his bestselling book Atomic Habits, the author James Clear writes several hundred pages on how game changing small habits can be. It's clear, (no pun intended) starting and moving forward, however minutely, in the direction of your goals is necessary for success.

4) Tomorrow Never Comes

“The best time to plant a tree was 20 years ago. The second best time is now.” --Chinese Proverb

Purpose: Whenever you start to think, “Hey, I'll do that tomorrow,” Know that your subconscious is just putting off something it doesn't want you to do right now.

Practice: Get in the habit of doing things right away if it will take you less than five minutes. This will train your mind to know it won't be any easier tomorrow or later on. Whenever you do the thing it will be right now, so it might as well be right now.

Some easy wins to get started on the road to becoming a person of action:

- Take out the trash, now.
- Take five minutes to brainstorm your life goals.
- Do 10 pushups.
- Call your parents.
- Write a note to your significant other and tell them what you appreciate about them.
- Turn off the TV.

5) Pick One SAG (Small Attainable Goal) and Make a Plan

“A ship in harbor is safe, but that is not what ships are built for.” --John A. Shedd

Purpose: Choosing one goal to enrich your life gets you on the right track. Upon completion it convinces you of your ability to set and complete goals.

Practice: Move beyond the first action step, and set a small and reasonable goal you can meet within the week or the month.

Here are five prime examples of a SAG:

- Losing five pounds
- Reading two books in one month
- Asking your boss for a raise
- Writing 5000 words in your fiction novella
- Choosing a language learning program and taking the beginners level course

These types of goals will light the fire towards even bigger and better goals.

6) Journal Every Day

“Journaling is like whispering to one's self and listening at the same time.” --Mina Murray.

Purpose: Journaling regularly provides a window into your soul. It helps you determine your goals, analyze your thought patterns, and engage in deeper understanding with what you want out of life.

Practice: Set a SAG to journal every day for a week and see how it works for you.

7) Meditate on Past Successes

“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.”
– Thich Nhat Hahn

Purpose: It’s easy to feel as if we aren’t doing enough. Practicing breathing and being more aware of our feelings, thoughts, and presence in the moment is huge for maintaining momentum and taking action.

Practice: Meditation does not have to be a huge time suck or a major life commitment. All it takes is less than five minutes:

1. Sit in your chair with your feet flat on the ground and back straight.
2. Breathe in for a count of 5.
3. Hold your full breath for 1 second.
4. Let out your breath slowly and tuck your chin suck in your gut slightly. Do this for a count of 8.
5. Repeat for 5-10 cycles.

At the end you should notice a calm and a better ability to focus. Make this exercise a regular habit and expand from there.

8) List Out Your Roadblocks Future, Past, and Present

“Most of the time the road is not clear ahead. We have roadblocks and obstacles and stumble because of them. Are you courageous enough to map your way around them and continue on?”
— Tony Curl

Purpose: You probably have a general idea of what roadblocks you are going to face down the line. There will always be surprises, but getting out in front of potential problems give you power over them.

Practice: Sit down and make a list of ten of your biggest hurdles. Leave room next to each one. Once you finish, go through and add a note by each one of how you are going to overcome. Gain power over what might stop you by calling it out and brainstorming ways to move past it.

9) Get Rid of One Bad Habit

“If you do not pour water on your plant, what will happen? It will slowly wither and die. Our habits will also slowly wither and die away if we do not give them an opportunity to manifest.

You need not fight to stop a habit. Just don't give it an opportunity to repeat itself.”

— Sri S. Satchidananda, The Yoga Sutras

Purpose: Cutting out weeds will make room for beautiful flowers.

Practice: Pick one small bad habit and take steps to move away from it. Don't start with your worst habits or the big thing you want to change about yourself, start small and grow from there.

Every time for the next week you start to take up your bad habit immediately replace it with something else that has a positive effect on your life:

- Reaching for the candy bar? Call Mom.
- Letting Netflix play the fourth episode of the office? Read one chapter in your book.
- Sleeping in too late on the weekends? Schedule a breakfast with a good friend and catch up.

Pro Tip: Make a practical step towards removing boredom and reducing stress in your life. If you spend time doing what brings you joy you won't have time for negative actions that bring you down.

10) Schedule Weekly Check-ins

“I think most kids have a sense that it's not supposed to be this way. You're not supposed to hate Monday, or be happy when you don't have to go to school. School should be something that you love. Life should be something that you love.” --Charles Eisenstein

Purpose: Weekly check-ins give you the ability to pivot when necessary, update progress, and set new goals and tasks for the coming week.

Practice: Commit to weekly check-in meetings with yourself and/or your accountability buddy:

- Pick a time that works for you. Sundays are great days to look ahead to the coming week.
- Discuss what went well the previous week.
- Brainstorm new goals if needed, or re-evaluate current goals.

- Set new actionable tasks for the coming week that directly relate to your goals.

Next Step Resources:

- 1) Check out [my books right here](#). I write about personal growth, and getting the most out of your one life.
- 2) <https://medium.com/swlh/why-you-need-an-accountability-partner-and-how-to-find-one-c5760bd17fd4> Tag Dan Todd's
- 3) [Atomic Habits](#) by James Clear
- 4) My post on Trello and why it's awesome for goal tracking and taking action: [How to Use Trello: 4 Unique Ways to Get Life Done with Trello](#)
- 5) [How to Break a Bad Habit and Replace It With a Good One](#)

Keep taking action daily and all the best of luck to you,

-Jordan