



CIRCADIAN STATIONERY

Goal Setting Tips

1. Work Within Your Season

Every pursuit moves in cycles. Before setting a goal, identify the season you are in:

- Building
- Maintaining
- Recovering

Goals that ignore capacity rarely endure. Goals that respect it compound.

Principle: *Alignment precedes intensity.*

2. Set Direction, Not Just Targets

A meaningful goal provides direction, not pressure. Define one clear objective for the season ahead—something that improves your life through steady pursuit.

Strong goals are:

- Clearly stated
- Worth sustaining
- Within your control

Principle: *Direction creates discipline.*

3. Commit to Daily Standards

Progress is built through repeatable actions. Replace outcome obsession with daily standards you can honor regardless of circumstance.

Examples:

- A fixed block of focused time
- A defined minimum output

- One deliberate action aligned with your aim

Principle: *Consistency compounds quietly.*

4. Reduce Friction

Most goals fail due to friction, not lack of motivation. Simplify your environment and remove unnecessary resistance.

Prepare in advance. Reduce decisions. Anchor habits to existing routines.

Principle: *Make the right action easier than the alternative.*

5. Track Rhythm, Not Perfection

Missed days are inevitable. What matters is returning to rhythm without hesitation or self depreciation.

Use your journal to observe patterns of energy, focus, and strain. Adjust before burnout forces the issue.

Principle: *Durability outperforms intensity.*

6. Review and Refine

Progress requires reflection. Regular review allows you to recommit, adjust standards, or conclude a goal with intention.

Completion is not certain. Alignment is essential.

Principle: *Adherence matters more than speed.*