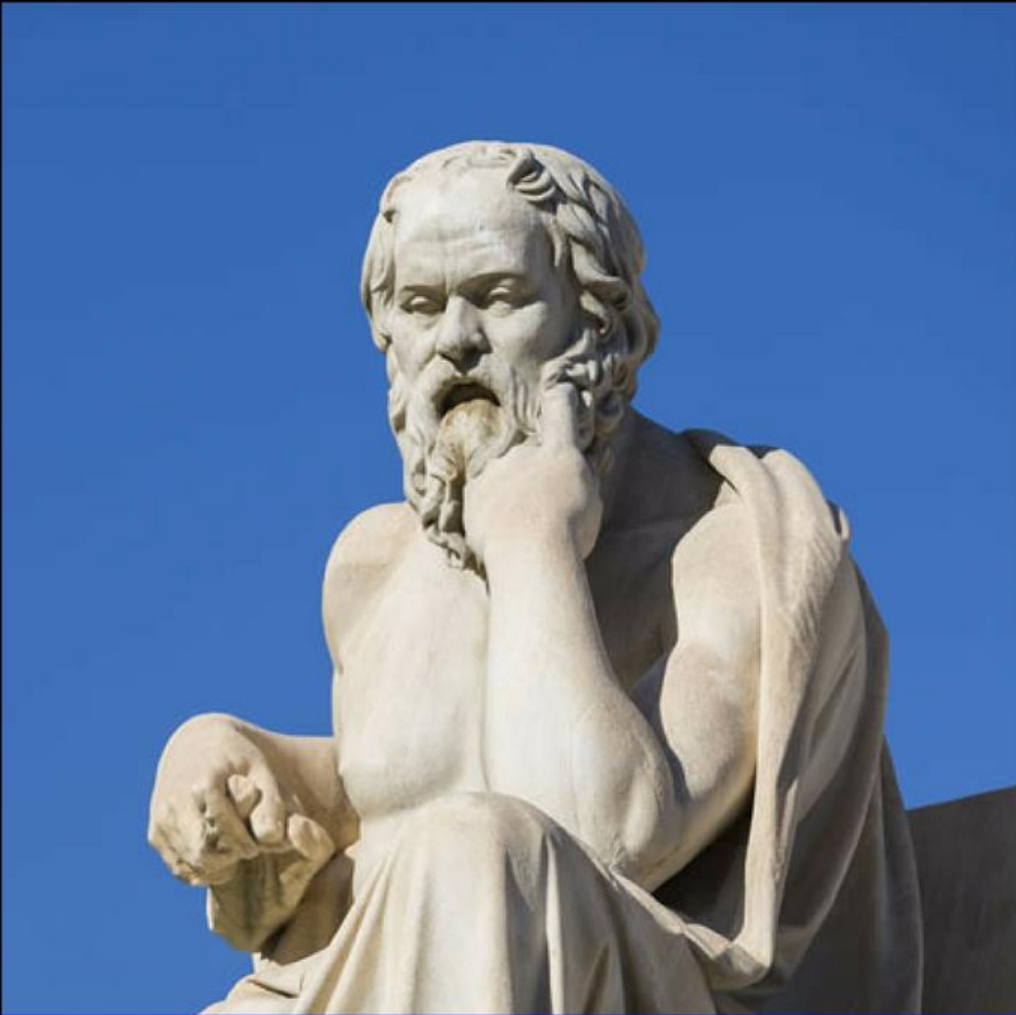


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THE LOST ART OF CLARITY

How to Set The Best Goals

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THE LOST ART OF CLARITY

We spend so much time *doing*, that we rarely figure out whether or not we're doing the right things.

I've done this far too often in my life. It may be with a project, where I get an idea and without putting much thought into it I dive right into it only to figure out after having put a good 100 hours into creating it that it didn't fit with my overall mission, purpose, or the idea of where I want my business to go.

Other times it's with life. Maybe I book a trip on a whim – rarely a bad idea, but it can be – and leave town without thinking of whether I actually *want* to go to this place. More often than not it's a pursuit or a purchase that fits into an image I think I want but actually pulls me further away from my ideal life.

Clarity depends on the right questions, and a little quiet time.

You're not going to find clarity in noise, nor surrounded by humans, commercials, or influences.

You're also not going to figure out exactly what you want and on the highest level if you're not asked the right questions, in the right order, and on the ideal scale.

The following is a list of such questions.

Take a notebook or a journal and dedicate it ONLY to answering the questions in this program.

It should be your 'clarity journal'. Date it. Give it one purpose, to find clarity so you can pursue the right things in life and in work.

Perform this exercise before you read the *Lost Art of Discipline*.



START WITH WHO

Who do you want to be?

Craft a story, your story. Determine not just what, but who you want to be. Charismatic? How so? Adventurous? Give examples.

Who do want to emulate (your mastermind)?

Make a list of a few people you want to emulate. They can be historical figures, your old man, your mom, your best pal, whomever you like. But also write about why you want to emulate them and what aspects of their persona or routine or life you want to emulate. This is your personal mastermind group. This is who you will turn to for guidance.

Why do you think you're here?

What's the theme of your life? What are you here to do?

What in your life do you want to change?

What things do you want to add or remove from your routine and your life? What are things in your life that are holding you back?

What do you ideally want to achieve?

No time limit, no energy limit, no boundaries or borders of any kind, what is it that you want to achieve – think bigger.



NOW, THE WHAT

Define your ideal in these four categories:

Wealth/Finance

*Income, how much you have, net worth, what you make, and what you spend.
Annual income? Net worth?*

Work/Craft/Career

What are you pursuing, getting better at, working hard at – ideally? Not what you're actually working on, but what you most want to work on and why? Don't just write anything down. I, for instance, might write down that I want to write a book, but is that really what I want or what I think I should do?

Family/Relationships

Who do you want to have in your life? Who do you want to meet? Who are the six people – or kinds of people – you want to be around most? This isn't just about your current friends or family, but about your idea crew.

Life/Travel/Land

How much land do you want to own? Do you want to travel? How many houses do you want to own, and where, and why? Think big, but think real. You may not want to own anything if you want to be traveling always. I want land. And I want travel. And I want land in multiple countries.



THE DETAILS/HABITS

Below are the habits you'll need to add to your routine to achieve the bigger goals, who you want to become.

What rituals do you want to adopt?

Use your mastermind group, those people you want to emulate. Study them. Figure out what made them great. Take Napoleon, for example, he read religiously while other boys in his school drank and went after loose women.

What habits do you want to remove?

TV? Porn? Sleeping in? What things are holding you back? For many of us it might be spending money on the wrong things, fulfilling instant desires rather than thinking about the big picture or the long term. The question comes down to what do you want, the mansion or the new suit? Over a long enough period those two distinguish themselves as opposing goals.

What in your daily life do you have control over?

This is important, it's the fundamental question of Stoicism, but also of happiness. Don't even try to control what you cannot control, and don't be ignorant of what you can control. Be detailed with this. You cannot control where you begin, but you can control where you end up. You can control your thoughts, your reaction to situations – good or bad – your spending habits, how you react to your desires (do you always give in or do you enact that control?). You cannot control the weather, or the event, just your reaction. Write down what you have control over and what you don't in your life, and do it with strength, not with ignorance of just how much you can control.

What in your daily life do you not have control over?

Continued here. You shouldn't spend time fretting over what you cannot control. Don't let it eat you up inside. Namely the opinions of people you have no need to be concerned with.



What do you want to focus on after your work day is done?

Create a firm end to your work day, then determine what good things you want to focus on even after it's finished. Reading, research, hiking, exploring, training etc... Don't just plan your habits within your work day or before it begins, make sure that your self-improvement continues after the work day is done.



MAKING REAL PLANS

You've figured out *the who* and *the what* and even *the how*, with the habits you've identified, but now let's create the story.

What's your ideal life?

Write the story of your perfect day with no boundaries of any kind. Where do you live? Who do you live with? You can extend it to include more of what your life is, what you do, how much you earn, your routines and habits and so forth.

What's your ideal day, today?

*Forget about boundaries or the future, what about now? **This is the most important question you'll answer here.** With what you have now and where you are now, what's your perfect day? What time are you up? What do you do? When do you train? Do you go for a hike, walk your dog, read a book? This shapes your routine. This is INSANELY important, but no one asks it. Create your ideal day, today.*

Do the math.

We cover this aspect of the program in the Lost Art of Discipline, but do the math. Figure out exactly what you need to earn and save to live your ideal life. Find your ideal house, truck, place, whatever. Add it all up. Set a deadline – 5 years, 1 year, 6 months – and determine how much you actually need to earn and save to get what you REALLY want.



CONCLUSION

Clarity is a lost art. It's lost because we no longer have the silence in our lives required to find the answers we seek.

Each of these questions should be given respect. You should answer these in silence, to a cigar or in nature or somewhere where you're not going to be disturbed by humans or technology.

Find your OWN answers to the questions. Don't ask others. Don't seek opinions. Dig deep and figure out where you want to be, who you want to be, and what you want to accomplish.

