WELLNESS PATH

THE GOAL ARCHITECTURE GUIDE

A short guide to choosing goals that actually hold

Not all that is gold glitters

You have ambition. So why isn't anything sticking?

You've got a mental list of things you want to achieve — but most of them get left halfway, or never touched at all. There are a few reasons for that. Here are the two that matter most.

Know yourself first.

Before you set a single goal, get clear on your values, your personality, your identity — the one you have now, or the one you're building toward. Goals that don't align with who you actually are almost never get followed through. A goal borrowed from someone else's life will always lose to a goal built from your own.

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Cut 90% of your list.

Write down everything you'd like to achieve. Then filter it down to the 3 that actually align with your values and the person you're becoming. Everything else waits. The goal itself was never the finish line — it's the person you become by chasing it. Happiness doesn't come from the achievement. It comes from the process: failing, getting back up, meeting parts of yourself you didn't know were there.

My Top 3 Goals

1.

2.

3.

This is page one of the system.

This guide is the starting point. Phase 1 of the Wellness Path Life OS goes deeper — a full system for defining your goals, eliminating what's competing with them, and building the structure to actually execute. It's free, and it's where this leads.

Apply for Phase 1