

Systems vs. Goals: Quick Guide

Build a process you can repeat on bad days.

Why goals keep you stuck

A goal is a finish line. You fail every day until you hit it, and then it's gone. A system is a process you repeat. It works on good days and bad, and it builds a harvest over time.

Goal vs. system

Goal	System
Lose 20 pounds	Walk 20 minutes after lunch, every weekday
Get promoted	Send a 1-page wins memo monthly + 1 sponsor coffee biweekly
Write a book	Write 300 words before email, 5 days a week
Find a new job	Contact 3 people in my network every Monday
Be less stressed	10-10-10 check before any big reaction

Build a system in 5 moves

1. Name the outcome you want, then set it aside.
2. Ask: "What process, done repeatedly, makes this likely?"
3. Shrink it until it fits a bad day (the 2-minute start).
4. Attach it to an existing habit and a fixed time.
5. Track inputs, not outcomes: did I run the system today? (Y/N)

Stack your talents

You don't need to be the best at one thing. A rare combination of good-enough skills (domain knowledge + clear writing + presenting) is a system for staying valuable at any age.

Weekly scorecard

Days I ran the system: ____ / 7 What got in the way: _____ One tweak for next week: _____

Remember

Systems beat goals. Feelings are data, not directions. Growth has no age limit. "Not yet" beats "not me."