

PURPOSE



“The danger of goal-setting is that we become focused on where we are going rather than enjoying where we are right now. We sacrifice today in the hope that a better future will emerge only to discover that achievement rarely leads to true joy.”



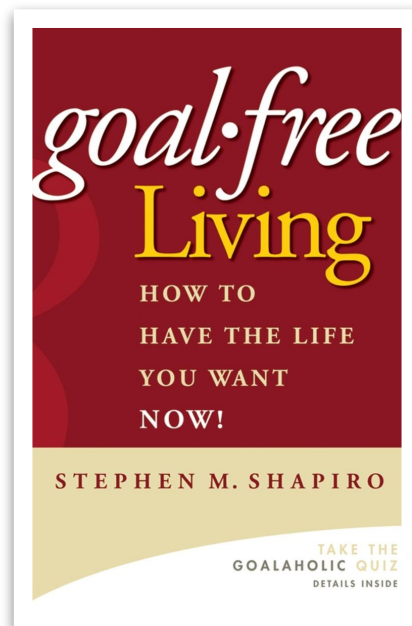
“When most people set New Year’s Resolutions, they have specific results that they want to achieve. In doing so, you become myopically focused and shut down other, more potentially exciting, possibilities from appearing in your life.”



“A theme is a simple compass setting. It does not dictate a specific outcome. Resolutions are things to do. Themes are a way to be. But themes are not set in stone. If the theme you chose is not working, feel free to change it. Themes are designed to help you experience life more fully. You should never feel constrained or limited.”



“Only 8 percent of Americans say they always achieve their New Year’s resolutions.”



Watch Travis’s interview with Stephen Shapiro, author of *Goal Free Living* here:

travishellstrom.com/goalfree



“Goal-free people don’t necessarily live a life free from all goals. They live free from the stranglehold of goals that grips so many people. They live experientially in each moment. A life of their design rather than that which society tells them to live. They have a deep appreciation for what they are today; they avoid worrying about the future.”



“Rather than resolutions choose one or two words to describe your next year. It serves as a theme for the year rather than a specific goal. Choose a theme that is expansive, gets your juices flowing, has you excited, and moves you into action. Ask yourself: Why? What is the one word you want to use to describe your next year? A good place to start is with your traditional resolutions. Then ask yourself why. Want to lose weight? Look at the reasons why. Do you want to be healthier? Do you want to have more confidence? If so, instead of dieting, ‘health’ or ‘confidence’ may be good themes.



Use a Compass, Not a Map

Find a direction that feels right. Be willing to change directions. Have passion. Acquire skills to make things happen. Offer the world value. Try new things. Create many paths.



Trust That You're Never Lost

Avoid decision avoidance. What you focus on expands. Listen to a silent mind. Commit to your path. Commit to your happiness.



Opportunity Knocks Often But Sometimes Softly

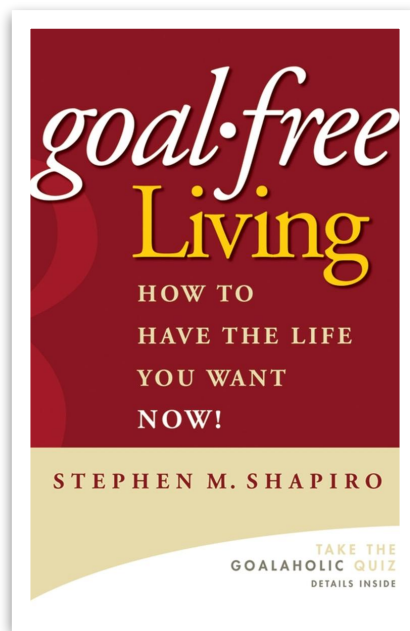
Before you open the door, look inside. If there is trash outside, turn it into treasure. Turn outrage to opportunity. Stay connected by disconnecting.

8 Ways to Live More Goal Free



Remain Detached

Detachment is a mindset. Attach to the present moment. Let go of the outcome. Attach to the service of others. Become the flow. Focus on living. Be mindful.



Want What You Have

Measure life by your own yardstick. Appreciate, regardless of the circumstances. Appreciate yourself. Travel light and consider having less.



Embrace Your Limits

Uncover your inadequacies. Bare your inadequacies to the world. Most the most of them. Turn a bad performance into a source of power. Failure leads to success. Put your best face forward.



Become a People Magnet

Communicate your appreciation. Assume everyone can help you fulfill your aspirations. Start a random conversation. Find something interesting about someone else. Make lasting connections.



Seek Out Adventure

Reconnect to your childhood. Change your perspective. Be an adventurer. Seek adventure without a safety net. Carry a notebook and when inspiration strikes, make notes and then take action.



Your Year

What did you enjoy about this past year?



Your Journey

Who and what are you grateful for from this past year?



Your Compass

How would you like to feel and be next year?



Your Theme

What themes might you enjoy this upcoming year?
