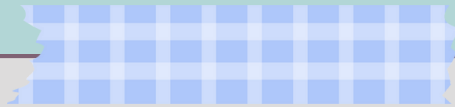


# ORIGINATE NOW



## THE GOAL-BETTER WAY: GUIDE

Companion Worksheet for the **ORIGINATE NOW** podcast, Episode 2

***The Goal-Better Way:***

***A Kinder, Aligned Approach to Creative Goals***



# THE GOAL-BETTER WAY: GUIDE

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Companion Worksheet for the Originate Now podcast, Episode 2:  
*The Goal-Better Way: A Kinder, Aligned Approach to Creative Goals*

## • CLARITY CHECK-IN



### WHAT MATTERS TO YOU RIGHT NOW?

Write 2-3 values, priorities, or personal truths guiding your current season.



### DEFINE A SELF-CONGRUENT GOAL

A self-congruent goal feels like a natural extension of who you are, not who you think you should be.

What is one goal you're currently pursuing or considering?

- My Goal:

Why do you want this goal?

- Because:

How does this goal align with your current values or identity?

- Alignment Notes:

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- **THE GOAL-BETTER WAY FRAMEWORK** – REWRITE YOUR GOAL USING “THE GOAL-BETTER WAY” FORMULA:



## GROUNDING IN WHO YOU ARE

- This goal reflects my identity because:



## OPTIMIZED FOR YOUR CURRENT SEASON

- I’m adjusting this goal to honor my capacity and season by:



## SET HAPPY ANCHORS INSIDE GOALS

- I feel most light and happy when I have (blank). This will be my anchor.



## AUDIT YOUR SHOULD

- I feel I should do (blank) but I’m choosing to start with what nourishes me most right now, which is:

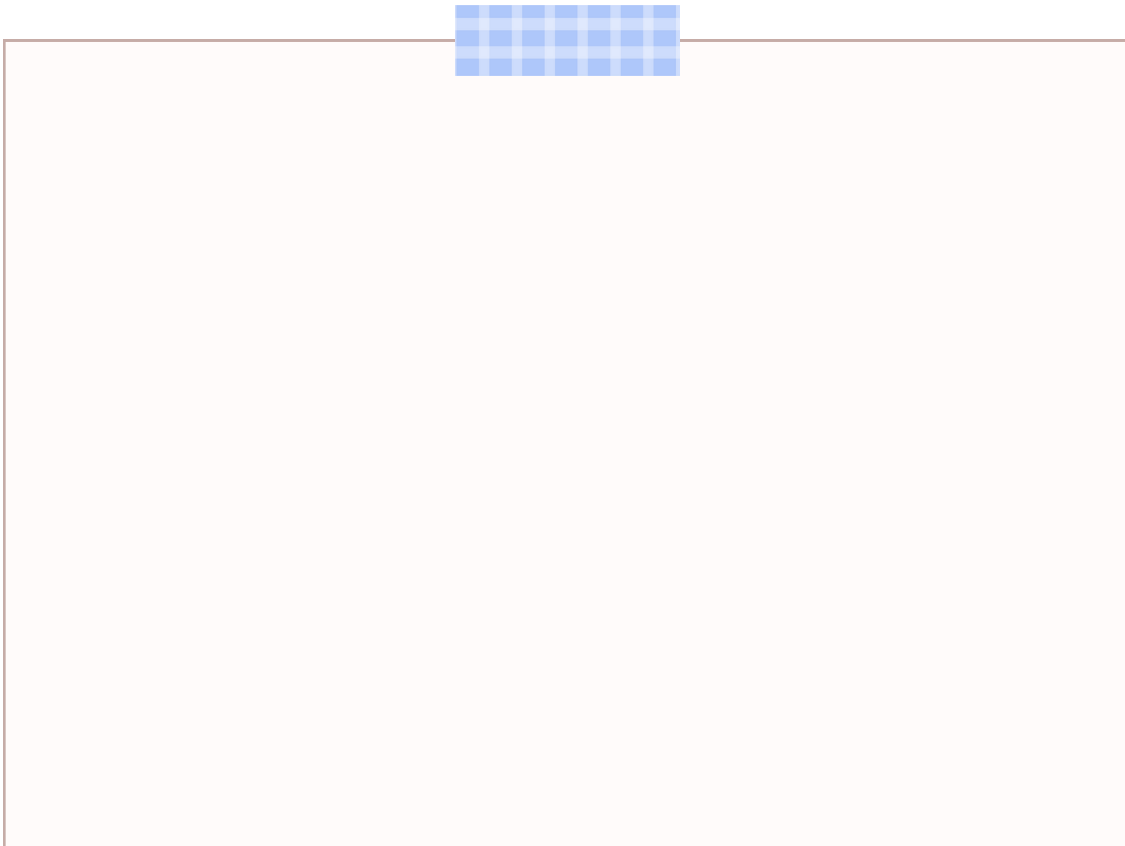
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- **REWRITTEN GOAL STATEMENT**

- Use the framework and answers, on the previous page, and create a new goal statement.



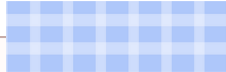
This rewritten version is more emotionally sustainable, self-aware, flexible, and more in alignment to you and your values.

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### • RESEARCH LINKS AND FACTS




- **Journal of Personality and Social Psychology, 76(3), 482-497:** Sheldon, K. M., & Elliot, A. J. (1999). The self-concordance model.
- **Contemporary Educational Psychology, 25(1), 54-67.**: Ryan, R. M., & Deci, E. L. (2000). Intrinsic and extrinsic motivations: Classic definitions and new directions.

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**WE APPRECIATE YOU! SEE YOU NEXT WEEK!**

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