

# The best goal is no goal

The idea is to have a specific achievable goal, seems deeply embedded in our culture. For many years I lived with goals, most of my entries on my website about how to set and achieve goals.

But now, for the most part, I live without goals. It's not what you might have thought. This does not mean that you should stop in achieving their goals.

It only means that you should not allow to restrict themselves to the order.

Consider this common belief:

"you are going nowhere, if you don't know where to go."

This seems very reasonable, but just as obviously, the opposite if you stop to think about it. We carry out a simple experiment: you left your place and go in a random direction and can also randomly change direction. After 20 minutes, hour, you will be somewhere. You just don't know what was going to be in this place.

But there is a problem: you have to be ready to be somewhere where you never expected to be. If you live without goals, you'll explore new territory. You will discover unexpected things. You will find yourself in amazing places. That's the beauty of this philosophy, but also the complexity of the development.

Today, I live almost without purpose. I start the development but I let her go. A life without goals has never been a goal for me... it's just something I realized I like more. It's incredibly easy, it works if your style of life &#8211; follow your desire.

## Problem purposes

In the past I had a goal or three a year, and then sub-goals for each month. Then I figured, what actions need to be taken every week, every day, and then focused on these steps.

Unfortunately, it never turned out pretty good. You are all familiar with it. You know you need to work on the implementation of the tasks, and you are trying all the time to remember the ultimate goal to motivate yourself. But these actions can be what gives you fear. And you lay. You are doing other [buy an essay paper](#) work, check email, read someone's blogs, or just loiter.

And your weekly goals, and monthly objectives are achieved. You are frustrated because you lack discipline. And purpose too heavy. What now? You revise your goals and from what to refuse. You create a new set of sub-goals and action plans. Now you know where to go because you have a goal. Of course you don't stop in achieving them. Sometimes you achieve a goal and then you feel amazing. But most of the time, you don't reach them and blame yourself for it.

Open secret: the problem isn't you, this is the system. Purpose as the system is set for destruction. Even if you do everything right, it won't be perfect.

Here's why: you are always extremely limited in their actions. When you have no desire to do something, you have to force yourself to do it. Your path is already chosen and therefore you do not have space to explore new territories. You need to follow the plan, even when you want something completely different. Some goals are more flexible, but nothing is so flexible as the lack of goals.

## How it works

So what is life like without goals? In practice, it is quite different from life with goals.

You don't set a goal for the year, month and even a week or day. You are worried about control, how far you have come. You don't even need a to-do list, although it does not hurt to write down notes, if you like it.

Then what to do? Lie on the couch all day, sleep and watch TV and eat chips? No, you just act. You find what inspires you and does it. The lack of goals doesn't mean you should do nothing. You can create, to produce, we can follow what attracts you.

This is very cool: you Wake up and doing what you like. For me, it's usually blogging, but it can be writing a novel or e-book or my next book or creating a course to help others or fellowship with incredible people or spending time with my family. There are no restrictions, because I'm free.

This is usually completed by the fact that I achieve more than if I had goals, because I always do what inspires me. I will reach some goal or not is not important. It is important that I do what I love. Always.

I find myself in amazing and beautiful places. I just never imagined that I'd be there when I started.

## Tips on how to live without goals

I'm not going to give you a detailed manual for living without goals – that would be absurd. I can't teach you what to do – you have to find your

own way.

But I want to share what I have learned, in the hope that it will help you:

*Start small.* You don't need to radically change their lives to learn to live without goals. Just allow yourself to spend a few hours with no pre-set goals or actions. Follow your attraction during this time. At least one hour.

*Develop.* Now try to extend the period without goals. Half day, day, few days. Suddenly you will feel completely confident to leave certain goals and just do what you love.

*Not just a job.* Discard goals in any area of your life. Before I followed a special program for weight loss, to run a marathon, increase the lifted weight. Now I'm only doing this because I love it and have absolutely no idea where this will lead me. It works perfectly, because I always feel pleasure.

*Let the plans go.* Plans are not particularly different from goals. They set you a certain way. But it's incredibly difficult to live according to the plan, especially if you meticulously plan everything like I do. So allow yourself to plan when you feel it necessary, but just as easily you can give up such habits.

*Do not worry about mistakes.* If you decide to set goals, that's fine. There is no error – it's just experience over time. If you live without goals you have failed? Failure only happens when you didn't come where he wanted. But if you had no destination, then there can be failures.

And lastly.

Always remember: the path is everything. The destination is secondary.

*"A true traveler has no specific plans and ultimate goals" Lao Tzu*