

Having Goals

March 9, 2015 | 13 upvotes | by [redeadx](#)

Since this is my first post I would like to start off by thanking the Red Pill community for helping me to understand the root of how and why many situations play out the way they do, especially in regards to women. That being said, I would like to give back to the community with some personal realizations regarding goals I had after taking the red pill and letting it all sink in. These realizations may or may not have been obvious to the reader after taking the red pill, however it took me a long time to realize the importance of goals.

The meaning of goals to me are statuses that I wish to attain at a future date. I give this definition because I have also realized that words that are not tangible can many times mean different things to different people. So why do I think that goals are important? I think that goals give you a purpose and a bearing for where you want to be at a certain time. Goals can vary and are subject to change, atleast in my case. I have found that the more quantifiable a goal is the easier it usually is to keep track of. For example, lifting weights is easily quantifiable because you can keep track of the weight you are lifting week by week. A goal that is harder to quantify would be trying to make somebody jealous (a goal I would advise against, however jealousy can be a useful tool depending on the situation) because you cannot easily quantify how jealous a person is. There is no 1-10 scale for that. I have found goals so useful in my own life because they fill my day and they are so gratifying when I see results. For examples, two goals I have now are to spend 15 minutes a day on learning French and 15 minutes a day learning to play the piano. At first it sucked because I could barely introduce myself in French or play a chord, however after a few months of practice I have seen amazing results. Setting reminders for myself has also helped because I can be reluctant or forgetful at times. Having the right goals is also important, I have found.

So what was the most important goal for me? Happiness. Making sure that I am happy has been the most important goal. Making sure that I make choices that make me happy has influenced every other aspect of my life and has also helped me stick to any goals I try to make. My other goals usually help to make me happy. I've felt that I have seen many comments on posts around here regarding people who are psychopaths that sleep with many women, make tons of money, and (sometimes) have a few good friends. However, many of these psychopaths seem to be either severely depressed or sad even though the many outsiders would not understand how it is possible in spite of his "success". I know somebody like that, and I swear he tries to drown his sorrows in pussy and it doesn't work for him. However, if these things do make you happy then by all means do them! Being around happy people is usually more pleasant than being around unhappy people, at least in my experience. As I said earlier: this may have already been obvious to all of you, I don't know. I'm just posting this because I thought it could possibly help anyone to whom it was not obvious. I would love to hear your feedback because it will help me make better posts in the future.

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Comments

deepthrill • 6 points • 10 March, 2015 02:25 AM

What's most interesting to me is that you set your goal as spending time doing something. Not being outcome dependent on needing to learn x by date y. Rather make the goal something 100% in your control, e.g. the amount of time spent on something.

JihadDerp • 8 points • 9 March, 2015 01:15 PM

Break this up into paragraphs. Can't read it like this.

Johnny10toes • 3 points • 10 March, 2015 10:41 AM

I'm not disagreeing with you but pointing out that spending 15 minutes doing something isn't a goal but a direction. And direction is superior to goals.

redeadxx[S] • 1 point • 10 March, 2015 07:18 PM

I see what you mean. I suppose the 15 minutes a day (direction) leads to my overarching goal of being able to speak French (goal). The goal is unable to be achieved without direction for sure.

Johnny10toes • 2 points • 10 March, 2015 08:27 PM

Right and it's easier to explain with financial goals or direction. If you have a goal of an extra 1000 bucks a month you'll stop when you meet the goal or overreach when you can't. But setting a direction of more income and looking for opportunities where you might be above a goal or being able to see a pitfall that could cost you money. Plus your plans for having goals are concrete. With directions you can have a gestalt I guess and plans can fluctuate to better reach the direction you're going. Certain to Win explains this way better than I can. It's one of an OODA Loop ideas and can be expanded or contracted for the scope of any situation.

Nitzi • 1 point • 9 March, 2015 01:38 PM

I really enjoyed your post. Mostly because it reminds me of stuff I already know but you say it so differently, I like that.

Goals can vary and are subject to change

Goal adjustment is very important.

I have found that the more quantifiable a goal is

Goals must be quantifiable

I have found goals so useful in my own life because they fill my day and they are so gratifying when I see results

Reaching a goal, achieving something is very satisfying. I would add that you should reflect on the steps you took.

two goals I have now are to spend 15 minutes a day on learning French and 15 minutes a day learning to play the piano.

Doing something daily is much better than doing 1 big bulk once a week. That has mostly something to do with

how we learn. We should cut everything in chunks. And Descartes created a time management tool where you have to cut goals into small steps. I often heard people say that if they just learned 1-2 hours a day instead of procrastinating and then learning 1 week before a big exam they would ace everything.

“All the time you're saying to yourself, 'I could do that, but I won't,'--which is just another way of saying that you can't.” - Richard Feynman

If you can't get the motivation to do something daily then you actually can't do it.

At first it sucked because I could barely introduce myself in French or play a chord, however after a few months of practice I have seen amazing results.

The learning curve says that the early level of improvement is really fast and at a certain point you reach a plateau. But until you get reasonably good you are grossly incompetent and know that, this time is the hardest because it sucks knowing that you are bad, if you overcome this time you can enjoy your new hobby.

Having the right goals is also important

When something is relevant to you, you will have more motivation to complete it and more fun all along.

About the psychopaths: If they realize that they just want to be happy and continue to do the same thing hoping that makes them happy then they are making a huge mistake, they should pump up the self awareness and actually try different things.

This is what makes your post so enjoyable to me, it seems like we both got similar findings but had different paths to find it.