

Step 2: Create a System

Welcome to Step 2 of your *Aiming Up Systems Planner*. Last week, you used the 5 Whys to uncover what drives your goals, like “connection,” and identified core themes or values. Consider creating at least one system for each of your three goals, printing or running through this worksheet for each. Your vision might draw from any “why” in your 5 Whys list—not just the 5th -- but try to get the core "why"! I hope it gets easier! Whichever "why" you pick, for today, we'll turn those insights into your first system, essentially creating a daily rhythm or habit that drives lasting progress.

Inspired by Scott Adams' philosophy in *How to Fail at Almost Everything and Still Win Big*, a system is a small, repeatable action aligned with your “why.” The “win” is doing your daily activity, not reaching the goal—success can be daily! This step helps you define a vision, choose a sustainable action, and make it stick with habit-building tips. Let's get started!

Define Your Personal Vision: What's your big “why” or vision based on any “why” or theme from Step 1, "5 Whys" (e.g., perhaps several of the “why”s -- “feel confident”, "lead by example", "connect with family")? Write a short statement capturing what you're aiming for.

Example: Build confidence through health to have ongoing, positive connections with family, leading by example.

Create Your System: What small, repeatable daily action will move you toward your vision? Choose something simple and sustainable, knowing each day you do it is a win.

Example: Jog 10 minutes every morning.

Habit-Building Tips: How will you make your system stick? Define a cue (trigger), reward, minimum action, and restart plan for missed days.

- **Cue:** What will trigger your action?

Example: Morning alarm at 7 AM.

- **Reward:** What small reward will reinforce it?

Example: A cup of coffee after jogging.

- **Minimum Action:** On days when your daily action feels too hard or undesirable, what's the smallest step you can take to stay on track and still count as progress?

Example: Put on running clothes and shoes and walking to the sidewalk.

- **Restart:** How will you get back on track if you miss a day?

Example: Ask friend to ask you about it.

Instructions: Write your personal vision, daily action, and habit-building tips in a notebook or on a printed copy of this worksheet. Start your system this week and track it daily (e.g., check off each day you complete it—each check is a win!). Reflect on what feels good or needs tweaking. In our next post, we'll refine your system to keep it working for you.

Next Week: We'll refine your system to ensure it's sustainable and effective.



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