



P.O. Box 400158, Cambridge, MA 02140-0002 • +1 (617) 354-1446 • [Stever@SteverRobbins.com](mailto:Stever@SteverRobbins.com) • [www.SteverRobbins.com](http://www.SteverRobbins.com)

# Living an Extraordinary Life, HBS Reunions

## FOUR DASTARDLY MYTHS

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1. Hard Work
2. Goals
3. Planning
4. Marshmallows

## GOAL SETTING V2.0

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Don't choose your goals and then enjoy the journey; choose the journey and then set the goals.

**Motivation.** What excites you enough so you want to jump out of bed in the morning?

**Activities.** How do you want to spend your time? Doing what activities?

**People.** Who do you want to spend your time with?

**Learning.** What do you want to learn? Where do you want to grow?

## Make Up Possible Goals: Be Outrageous!