
REVERSE GOAL-SETTING · THE ANTI-S.M.A.R.T MAP

The First Entry

Fixes the reason your goals die by March: you set too many.

- Dump every goal in your head. Two minutes.
- Cut it to the five that matter.
- Work backward to one daily habit each.



Circle five. Cross out the rest.

Go back to your dump. Circle the five that would change your year the most, then cross out everything else. This is the whole method: focus is what you cross out, not what you add. Warren Buffett calls the list you didn't circle your 'avoid at all costs' list.

ONE HONEST QUESTION

- Which one hurts to cross out? That's usually the one that matters most.

WRITE THE FIVE THAT MADE IT

- 1 ● Get fit _____
- 2 ● _____
- 3 ● _____
- 4 ● _____
- 5 ● _____



Start at the finish line, not today.

For each of your five, don't ask what to do tomorrow. Ask where it needs to be in twelve months, then find the one small thing you'd do most days to get there. Work backward. Most people never do.

Your five	In 12 months WHERE IT NEEDS TO BE	The one daily habit SMALLEST VERSION, FOR A BAD DAY
1 ● Get fit	A 10k under 55 min	Run 10 min after work
2 ●		
3 ●		
4 ●		
5 ●		

That habit column is what you'll tick on your Ledger every night. The goal is the destination, the habit is the only thing you actually do.

STEP FOUR

Plan one adventure, and commit to it.

You've built the plan. Now give the month something to look forward to.

WHAT TO PICK

- Something you actually want to do, or one you're on the fence about, but know would be fun.
- A trip, a climb, a class, a place you've never been, something you'd normally talk yourself out of.
- You remember your year by the big moments, not the normal days. So plan one, then commit.

THE ADVENTURE

BY WHEN

At month's end, read it like a scoreboard, not a school report.

An empty box isn't you failing. It's just facts, it shows what stuck and what didn't.

FOUR QUESTIONS, ONE LINE EACH

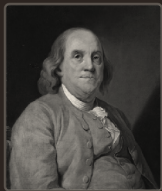
- What worked?
- Why?
- What didn't?
- Keep it, drop it, or change it?

FIND THE BLOCKER

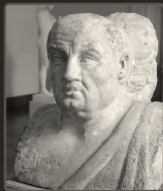
Which habit did you miss most? What got in the way, the time, the place, being tired, or something else?

SET UP NEXT MONTH

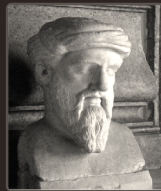
Pick the one change that would have the biggest impact on your goals and take you closest to them. Remove your biggest blocker first.



FRANKLIN
1726



SENECA
1ST C.



PYTHAGORAS
GOLDEN VERSES

Franklin kept a habit grid and treated a miss as a fact, not a reason to feel bad. Seneca checked his day every night. People have done this for two thousand years. Your Ledger just prints it.



hey, welcome in. honestly, it means a lot that you're here.

we started Ordin because honestly we were tired of how productivity gets sold to us. it's all grind harder, wake up at 5am, optimise every second, and do it alone. and it just leaves you feeling behind and kind of broken. we don't buy it. the people who actually go far aren't the ones grinding the loudest, they rest more and they do it with people around them. so we wanted to build for that instead, something that helps you keep going without the shame. this guide is where it starts, so take your time with the thinking, then copy it into your Ledger tonight.

we're documenting the whole journey, the good bits and the messy ones, and we'd love to have you along for it. run fast, run alone. run far, run with friends. any questions at all, just reply to us, we read everything.

so so keen to see what you build. PEACE

Alex & Kush

FOLLOW THE BUILD → @ORDINSTUDIOS

or just reply to your welcome email, we read every one.