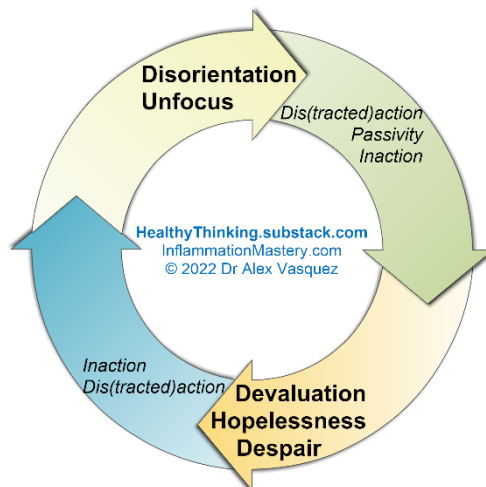


# Goal-Action-Accountability Worksheet

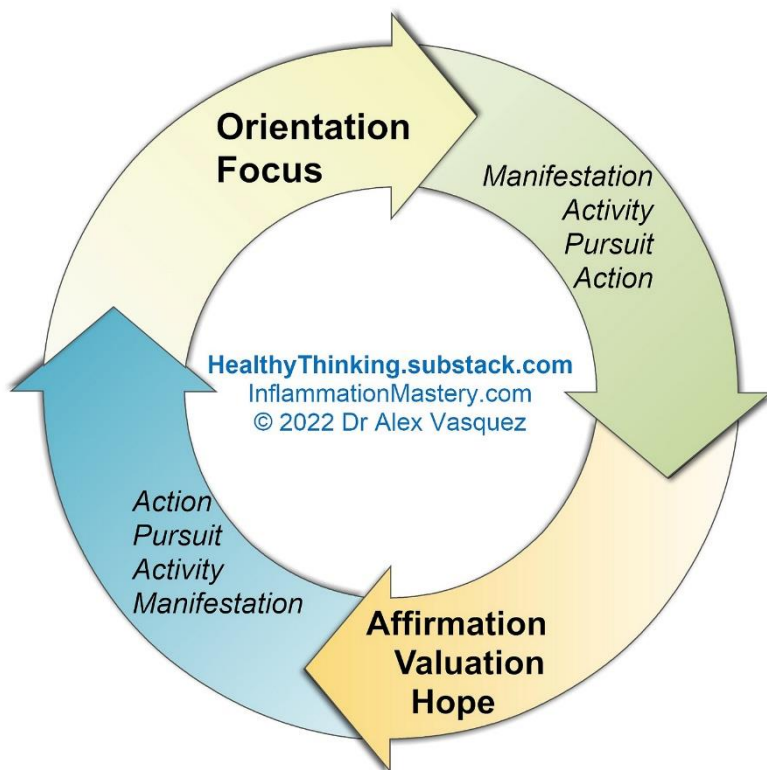
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**How can I/you envision a life that will address and combine personal-social-global goals into a unified whole so that the goals become interconnected and thus synergistic and thus more likely to materialize and maintain?**

Our society sets us up for nihilism by presenting us from childhood with a buffet of falsities, fairy-tales, misdirections; these “work” for a while but eventually collapse as we mature enough to see through the facade of fantasy, fallacy, and nonthinking ease. Just as our society promotes obesity (**obesogenic sociostructure**) via lack of mass transit, over-reliance on private cars, lack of public exercise facilities, food deserts, and constant medical misinformation to keep people sick and dependent on drugs, so likewise does our society promote nihilism (**nihilogenic sociostructure**) by constant distraction, disorientation, and devaluation—always pushing us away from the thoughts, insights, and goals that truly have importance.



**In order to maintain constant and conscious connection with an existence that feels and functions as if it has meaning, value, and direction, we have to 1) remain focused, 2) engage consistently, and 3) avoid distractions and energy-drainers regardless of their temptations, justifications, and superficial-yet-shallow attractiveness.**



**The dark political forces of the world want us sick, distracted, depressed, despondent, and especially disconnected from other problem-solvers. As such, our highest act of daily rebellion is to be healthy, attentive to what is important, inspired, interconnected, pro-active, and empowered—personally, socially, and globally.**

**Make a list of your goals, then turn those goals into a cohesive narrative for your present and future.**

To cover the major topics, I will simplify Maslow’s hierarchy of needs into physical, social, and transcendent/metapersonal.

**Physical goals, personal preferences: These impact your daily life**

1. Safety—physical, emotional, financial
2. [Self-esteem](#) as perceived by oneself
3. Food—quality, taste, variety
4. Housing, comfort, stability
5. Preference of climate/geography/mobility
6. Activity, Relaxation
7. Health, disease treatment and prevention
8. Education, achievement, personal growth
9. **How can I/you envision a life that will address and combine the above areas into a unified whole so that the goals become interconnected and thus synergistic and thus more likely to materialize and maintain?**
10. **What would your daily and weekly routine look like in order to help you achieve those goals?**

*Write your ideas*

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**Social goals: These impact your social environment and interactions**

1. [Self-esteem](#) as perceived by oneself by relative comparison with others
2. Social connections
3. Goals for my friends and family
4. Goals for my local community
5. **How can I/you envision a life that will address and combine the above areas into a unified whole so that the goals become interconnected and thus synergistic and thus more likely to materialize and maintain?**
6. **What would your weekly and monthly routine look like in order to help you achieve those goals?**

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**Metapersonal goals: These have little or nothing to do with you personally; these are gifts and blessings that you give to the world**

1. Goals for nation, world
2. Kindness to distant relatives, strangers, people in other countries
3. Gifts for future generation
4. **How can I envision a life that will address and combine the above areas into a unified whole so that the goals become interconnected and thus synergistic and thus more likely to materialize and maintain?**

**Your plan and narrative should also include the action steps for making those goals become reality.**

**PRESCRIPTIVE:** “In order to pursue and realize my goals and dreams for myself, my community and for the world and future generations, I will **DO** the following:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*Do you want to keep your plans private and secretive? This might be a good plan if you are in a toxic social environment if you're concerned that people will sabotage your improvements. Could you benefit from "going public" and being accountable? Can you ask for support?*

**PROSCRIPTIVE:** “In order to pursue and realize my goals and dreams for myself, my community and for the world and future generations, I will **AVOID** the following:

1. I will avoid numbing out
2. I will avoid distractions
3. I will avoid watching meaningless videos, engaging in nonproductive social media:
4. I will avoid dramatic/nonproductive conversations and relationships
5. **AVOIDING MAYBE: I will protect my mind and time by being clear with myself and I will be clear with other people by saying “yes” or “no” and will try to keep myself out of the zone of “maybe” and indecision\*:**

**“By my love and hope do I implore you: cast not away the hero in your soul!**

**Maintain holy your highest hope!”** Friedrich Nietzsche, *Zarathustra*