



THE GOAL GAP AUDIT

A 2-minute self-assessment to find out where your goals are actually breaking down, before you set your next one.

How This Works

Rate yourself honestly from 1 (never true) to 5 (always true) on each statement below. Write your number in the blank. Add up your total, then turn to the scoring guide to see what it reveals about where your goals are actually breaking down.

The Audit

- 1. I can state my top goal in a single, specific sentence. Score (1-5): _____
- 2. I've written my goal down, not just thought about it. Score (1-5): _____
- 3. I know exactly how I'll measure whether I've achieved it. Score (1-5): _____
- 4. I've chosen a goal-setting approach that actually fits how I work, not just the one everyone else uses. Score (1-5): _____
- 5. My goal connects to a reason that matters to me personally, not just what looks good. Score (1-5): _____
- 6. I have specific next actions, not just a vague intention. Score (1-5): _____
- 7. I've thought through what's likely to get in the way, and what I'll do about it. Score (1-5): _____
- 8. I've built at least one habit that supports this goal. Score (1-5): _____
- 9. I share my goal with someone else and check in with them regularly. Score (1-5): _____
- 10. I review my progress on a set schedule, weekly or monthly, not just when I remember. Score (1-5): _____

Your Total Score_____

- Total: _____ / 50

What Your Score Means

40-50 = Goal Ready

You've already built most of the structure that makes goals stick. The gap left to close is usually small - refining your framework choice or tightening your review rhythm. 1st Chair Direction: Goals With Purpose™ will sharpen what's already working.

25-39 = Goal Gap Forming

You have real pieces in place, but there are gaps - often around accountability, obstacle planning, or habits - that mean good intentions aren't consistently turning into follow-through. This is exactly the gap **1st Chair Direction: Goals With Purpose™** is built to close.

10-24 = Goal Gap Wide

Goals are likely being set and quietly abandoned - not from a lack of ambition, but a lack of structure. The good news: this is entirely learnable. 1st Chair Direction: Goals With Purpose™ walks you through the exact five-step process and three frameworks to build that structure from the ground up.

Ready to Close the Gap?

1st Chair Direction: Goals With Purpose™ gives you three evidence-based goal-setting frameworks, a five-step process to turn any goal into a real plan, and the habit and accountability tools to make it stick.

Lead with clarity. Influence with purpose. Expand your impact.

Want to go deeper? This is the starting point for the ['Directions: Goals With Purpose'](#) work inside 1st Chair Energy™ courses. [Join the community](#) to hear of other ways to work with us.

READING LIST & SOCIAL ACCOUNT RECOMMENDATIONS*

1st Chair Foundations: Goals With Purpose

Suggested Reading List

***Atomic Habits* - James Clear**

The habit loop and identity-based change, the backbone of the habit-stacking section of the workbook.

<https://link.amazon/B04CefkYv>

***Start With Why* - Simon Sinek**

Purpose-first goal-setting; the research case for the 'why before what' framing central to Section 6 of this course.

<https://link.amazon/BoiflszeE>

***The 4 Disciplines of Execution* - Chris McChesney, Sean Covey & Jim Huling**

The source framework for 4DX - taught in full in Section 5. Essential reading if you want to go deeper on execution and accountability.

<https://link.amazon/B09j9WOZN>

***Rethinking Positive Thinking* - Gabriele Oettingen**

The research behind Backward Goal Setting and mental contrasting. Oettingen's WOOP method underpins the second framework taught in this course.

<https://link.amazon/B06K6r5gF>

***The 7 Habits of Highly Effective People* - Stephen Covey**

'Begin with the End in Mind' is one of the most powerful frameworks for values-led goal-setting, referenced directly in the Vision & Impact section.

<https://link.amazon/B030br8ii>

***Think Again* - Adam Grant**

How to question your assumptions and stay curious about your goals as circumstances change, a strong companion to the accountability and reflection sections.

<https://link.amazon/B05qzWdLR>

***Mindset* - Carol Dweck**

The growth vs fixed mindset distinction, directly relevant to how you respond when goals slip, and why self-compassion matters more than self-criticism.

<https://link.amazon/B039AzzRj>

Social Account Recommendations

@simonsinek Simon Sinek

Purpose-led leadership; short-form clips that perform well on this topic.

@jamesclear James Clear

Habits and identity change, minimalist carousel style worth studying for content templates.

@adamgrant Adam Grant

Organisational psychologist at Wharton, research-backed content on motivation, meaning and contribution. Referenced directly in this course.

@melrobbins Mel Robbins

High-reach personal development and action-taking content; good for format and hook inspiration.

*Using my affiliate links help me produce more free content, at no extra cost to you.

