TWWB · APPLIED WISDOM

Stop Chasing Goals

Borrowed from Nick Saban's six-second rule. The Wisdom We Borrow with Ashton Palmer.

Your 5-line game plan

1. My scoreboard number: _____

2. My six seconds (the plays that move my number): _____

3. The plays that matter tomorrow (one to three): _____

4. My next play when something goes wrong: _____

5. The person I'm working to become: _____

Watch the play, not the scoreboard.

The scoreboard shows your result, not what you can control right now.

Apply it: if you check the number more often than you do the thing that moves the number, flip it. Do the thing first.

How often do I check my number? _____

How often do I take action to move it? _____

Win the six seconds that matter.

A big goal is too heavy to carry all at once, but anybody can win a few seconds, as long as it's a play that actually moves the number.

Apply it: tonight, write down the one to three plays that move your number tomorrow, and win those before anything else gets your energy.

Gut check: If this were the only thing I did today, would my number move?

Success or failure, next play.

It's easy to focus on the next play when the last one went well. The real skill is moving on when it didn't.

Apply it: shrink it, set it up the night before, and remember it's temporary.

When it goes bad, my smallest next play is: _____

What I'll prepare tonight to make tomorrow easier: _____

Borrow This (5 minutes)

Take five minutes tonight to write down your number and the one to three plays that move it tomorrow. In the morning, do your first play before you check the number.

Try This Prompt

Paste this into your AI tool of choice and fill in the brackets.

Act as my game-plan coach. I'll give you one goal I'm working on, the number I check to track it, and what I did on it this week. Use three rules: watch the play, not the scoreboard; win the six seconds that matter; success or failure, next play.

Give me a one-page plan for tomorrow with three short sections:
1. The play, not the scoreboard: name the one thing I can control tomorrow that could support my goal, and tell me to do it before I check the number, unless that check is needed for safety or an immediate decision.
2. My six seconds: list one to three small plays for tomorrow, each 15 minutes or less, that could support my goal. Leave out busy work.
3. Next play: one small move for if tomorrow goes badly, plus one thing I can set up tonight so the first play is easy.

Before you write the plan, ask me up to two questions if anything I gave you is unclear or if you need my available time or relevant constraints to suggest safe, feasible plays. If you ask questions, wait for my answers before writing the plan. Use only the personal facts I provide; don't invent details about me. If important information is still missing, say what you cannot determine rather than guess. Don't make promises about results or suggest changes to medical treatment.

My goal: [your goal]
The number I check: [your number]
What I did on it this week: [a few lines]

Curiosity leads to wisdom, and wisdom leads to the life we want.