

Burnt out on constant goal setting

WHAT IF YOU DON'T EVEN WANT WHAT YOU SAY YOU WANT?

What if you took a break from setting goals this month?

I know, it sounds crazy. We are taught that goals are the way that we achieve anything. Set a goal, figure out what it takes to accomplish it. Work your a\$\$ off to get there. And then that's it, right? No. Then you set another goal, work your a\$\$ off to get to it, accomplish it. Then..

I'm not saying you shouldn't set goals ever. But what would happen if before we set goals for the future, we took time to learn if we even truly want what we say we want? What happens if you take stock of what brings you joy and what doesn't? If you were radically honest?

Not trying to drive you into an existential crisis but honestly, it's not a bad idea.

I have been making films and videos for about 15 years professionally. I remember setting the goal to be an editor 12 years ago but can't remember what value I thought I would get out of it. Money probably. Then years later, I set a goal to become a film director. But the goal, when I look back, wasn't about the career either. It was about traveling because I thought, directors travel.

But today I realize I don't need the career to do what I love, which is tell stories from the communities I love. I can be a storyteller in so many more ways than any one career choice. Today I tell stories, bring joy, connect people and build relationships through plants and my Latinx culture.

So maybe this isn't for you but I wonder, if instead of setting a goal for August, you decided to get to know yourself more.

What is aligned with you and what isn't?

Does any of this resonate with you? Drop me a dm or an email any time.

