Path of Discovery LLC

GUIDE TO GAINING GROWTH

4TH STRATEGY: GOALS

By understanding our core tendencies, each type can address their struggles and create strategies to set and achieve goals effectively.
Here are potential struggles & possible solutions for each type as they set goals:

TYPE 1 | THE REFORMER

STRUGGLES
Over-focus on perfection can lead to paralysis or procrastination. They may set unrealistically high standards or struggle to finish tasks because things "aren't good enough."

SOLUTIONS
Embrace progress over perfection and celebrate small wins.

TYPE 2 | THE HELPER

STRUGGLES
Difficulty prioritizing personal goals because they focus on helping others. They may feel guilty for investing in their own aspirations.

SOLUTIONS
Learn to say "no" and recognize self-care as essential to long-term effectiveness.

TYPE 3 | THE ACHIEVER

STRUGGLES
Over-identification with success may lead them to set goals based on external validation rather than personal fulfillment. They may also burn out by overworking.

SOLUTIONS
Focus on innate motivations and balance productivity with rest.

TYPE 4 | THE INDIVIDUALIST

STRUGGLES
Can get stuck in feelings of inadequacy or lack of inspiration, making it hard to follow through. They may set overly idealistic or emotionally-driven goals.

SOLUTIONS
Break big dreams into actionable steps and push through even when inspiration wanes.

TYPE 5 | THE INVESTIGATOR

STRUGGLES
Over-analysis can lead to indecision, and they may avoid taking action due to a fear of not knowing enough. They may also isolate themselves while working.

SOLUTIONS
Set deadlines for research and take small, consistent actions to avoid analysis paralysis.

TYPE 6 | THE LOYALIST

STRUGGLES
Fear of failure or worst-case scenarios may prevent them from taking risks. They may over-plan or seek excessive reassurance before acting.

SOLUTIONS
Trust in their preparation and take one step at a time, even amidst uncertainty.

TYPE 7 | THE ENTHUSIAST

STRUGGLES
They may struggle to focus, jumping from one idea to another without completing tasks. Overcommitting to multiple goals can leave them scattered.

SOLUTIONS
Prioritize and finish one goal before moving on to the next.
Practice staying present.

TYPE 8 | THE CHALLENGER

STRUGGLES
They may push too hard, creating goals that are overly ambitious or rigid. They can struggle to delegate or consider input from others.

SOLUTIONS
Balance intensity with flexibility and collaborate with others for perspective.

TYPE 9 | THE PEACEMAKER

STRUGGLES
A tendency to avoid conflict or discomfort can lead to procrastination or prioritizing others' goals over their own. They may lack clarity about what they truly want.

SOLUTIONS
Get clear on personal values and take consistent, intentional action toward their goals.